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ABSTRACT

This document describes a Northern Arizona University (NAU) program, Project Daylight, which is a comprehensive intervention and prevention program for alcohol and substance abuse problems on campus. The project involves the entire University community and is designed to be a total, comprehensive strategy. It involves faculty education, staff and student leadership training, counseling and intervention services, support groups, and wellness education. The design of the wellness education component is organized around the traditional medicine wheel symbol with eight wellness program areas for the general student population. The use of that symbol and other aspects of the program takes direction from the Native American culture as the student population includes many American Indians. Included in the description are a report listing statutes authorizing the project, plan of operation, needs assessment, key personnel, resources, evaluation, and the uniqueness of the program. Included as an appendix are copies of student surveys for 1989-1992, and three brochures for Project Daylight describing recreation activities at the NAU campus, services available through Project Daylight, and student comments on how they meet friends, socialize, and deal with peer pressure to drink and use illegal drugs. (JB)

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NORTHERN ARIZONA UNIVERSITY
PROJECT DAYLIGHT

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NORTHERN ARIZONA UNIVERSITY
PROJECT DAYLIGHT

Abstract

Northern Arizona University has designed Project Daylight as a comprehensive intervention/prevention program related to alcohol/substance abuse problems on our campus. In reviewing statistics of alcohol/drug related incidents on our campus it was evident that freshmen are key to prevention of college age alcohol and drug use. In addition, cultural influences from the Native American population have a compounding effect on the already difficult problem of college age, alcohol/drug use at Northern Arizona University.

Project Daylight involves the entire Northern Arizona University community. The development of divisional alcohol/substance abuse goals encourages utilization of all current resources. The plan of operation is designed to support NAU's overall commitment to Project Daylight including: education of key faculty, staff and student leaders in early detection and referral training and direct counseling intervention services to support early detection, on campus Adult Children of Alcoholics and Alcoholics Anonymous chapters, and a first offender program.

Wellness education and activities have been identified as the key components of prevention related to alcohol/substance use among NAU students. The wellness plan included in Project Daylight includes academic year programs which are organized around the traditional medicine wheel symbol to meet the needs of Native American students with eight wellness program areas for the general student population. The prevention program involves all key Student Services personnel in its prevention effort.

This project is intended to create a total University comprehensive Higher Education alcohol and drug prevention/intervention strategy. The desired outcome on the NAU campus includes increased awareness of the alcohol/substance use problem, increased referrals to counseling, early detection and treatment, individual impact on student lives, decrease in use and in violations of state law and University policy, and active participation on the part of Native American students in culture related solutions to the prevention of alcohol/drug abuse.

Introduction

Northern Arizona University recognizes the impact of alcohol and drug abuse on the overall success of students, faculty and staff on their campus. Members of our University community suffer the effects of alcohol/drugs directly, due to personal addiction, or indirectly through family members, friends, or co-workers who abuse alcohol/drugs. Further, alcohol/drug abuse interferes with the ability of our students, faculty, and staff in maximizing their talents and demonstrating the academic excellence for which our University stands. As a result, Northern Arizona University is committed to a broad-based action plan which responds to the need of our campus regarding substance abuse. The action plan is currently coordinated through a University-wide Alcohol and Substance Abuse Task Force which includes faculty, staff, and student representatives from the University community. The enclosed proposal requests federal grant money through the fund for the Improvement of Postsecondary Education "Drug Prevention Program for Students Enrolled in Higher Education" in order to implement Project Daylight. This project is designed as a comprehensive service for students on NAU's campus as outlined in this application. Further, the University is identifying separate funding for an employee related assistance and wellness program which will provide complimentary, yet distinct, services to faculty and staff on NAU's campus.

The University currently has a variety of unrelated programs that provide the foundation of staff support related to this student oriented action plan. However, the University and the Task Force recognize that substance abuse cannot be significantly impacted without a total University coordinated project. In an attempt to obtain such an effort, all divisions within the University will be requested to submit an action plan with input from individual departments as a part of their yearly goal statements. An advisory board, with the help of project staff, will supply planning information packets for each division related to development of the specific alcohol/substance abuse plan related to students. These guided plans will provide some of the structure for the Northern Arizona University broad-based action plan.

Statutes

The essence of the authorizing federal statute, The Drug Free Schools and Community Act of 1986, Section 4131 (d) of Subtitle B states it's purpose as

follows, "to establish, implement, and expand programs of drug abuse education and prevention (including rehabilitation and referral) for students enrolled in colleges and universities". The proposed program for Northern Arizona University not only meets the essence of this statute through the enclosed comprehensive proposal but also extends to two other sections within the Congressional Bill.

The comprehensive plan presented by Northern Arizona University will identify specific measurable objectives in alcohol/drug education. Further, it will enhance and creatively expand the University's already existing student referral/rehabilitation and preventative wellness systems. In addition, this particular program will focus unique attention on Native American students, thereby extending the program to the intent of section 4133 of the statute which provides federal funds for tribal programs in drug/alcohol education. Finally, the Northern Arizona University proposal utilizes student leaders and athletes as role models in the development of a video entitled "Through The Eyes of Children", and in a captivating brochure encouraging students to participate in Project Daylight. This use of role models exemplifies the intent of section 4132 of the Congressional Bill which indicates that the Secretary of Education will "facilitate the utilization of appropriate means of communicating to students at all educational levels about the dangers of drug and alcohol abuse, especially involving the participation of entertainment personalities and athletes who are recognizable role models for many young people".

Extent of Need for the Program

Northern Arizona University does not currently have on staff trained specialists in education or treatment of alcohol and substance abuse. The current Counseling Center staff includes three and a half counselors and several graduate assistants dedicated to direct service to 12,972 students attending NAU. Each full-time counseling personnel has additional administrative responsibilities including coordination of all testing services, disabled student services, supervision of graduate assistant staff, supervision of educational support services, and other University committee work. Although all of these administrative tasks are important functions in providing the full complement of counseling services to NAU students, it leaves precious little time for specialization related to alcohol/substance abuse education or direct intervention.

Further, although our University has already made a direct commitment to prevention activities within individual student services departments, there have been no additional dollars to provide the secretarial and the overall administrative support. This support is necessary to maximize our current independent preventative efforts and increase the involvement of faculty and staff through active referrals.

In addition, our student disciplinary referrals indicate the need for better coordinated intervention services for those who violate University policies, and state law regarding alcohol and substance use. The State of Arizona passed a 21 year old legal drinking age in 1985 and is currently working to implement the PER SE law (allows for immediate confiscation of an individual's drivers license when stopped for driving under the influence) by September, 1987. Both of these laws provide additional support to our current efforts to reduce drinking among college students.

In reviewing our institutional data from the 1986-87 academic year, the following trends were revealed: the Student Life office sent letters to 86 students who were cited by the on-campus police for illegal consumption or driving under the influence violations. The Residence Life Office carefully reviewed 211 incidents from 3 residence halls housing 2,100 primarily freshman students. Of these incidents, 54% involved alcohol or illegal substances, (114 incidents). The number of incidents involving Native American students was 10% (23 incidents), and 86% of these were alcohol or substance abuse related. In addition, according to a recent 1985-86 study done by Colorado State University, of 620 Hopi High School students in grades 7 through 12, 34% of the students were identified as heavy substance users.

Although most of our students involved in significant alcohol/substance abuse violations received mandatory referrals to on-campus counseling services, our lack of specialization in alcohol/substance abuse intervention and training limited our ability to successfully intervene in these cases. Finally, the culture specific influences on alcohol/substance abuse problems at Northern Arizona University need to be taken into consideration particularly in prevention of Native American student abuse.

Due to Northern Arizona University's size, location, and minority student population and residential programs, our University has a unique opportunity to develop alcohol/substance abuse intervention and prevention programs which impact

a wide variety of cultures and span all ages. But perhaps even more importantly the Native American student population at Northern Arizona University represents the largest tribal reservations in the country which are located in Northern Arizona (Apache 17,841, Navajo 172,020 and Hopi 5,063). Our University provides educational services to 12,972 undergraduate students including 788 Native American students, 726 Hispanic, 198 black students, and 83 Asians. In addition, 5,595 students are housed on campus of which there are 349 undergraduate family students with their children. The family residential population is non-traditional in age and many are single parents. These combined minority populations represent 16% of the total undergraduate population. Since these special need groups are a significant portion of NAU's undergraduate population, our program offers an opportunity to impact a diverse population of future leaders with limited federal dollars.

One student who has already been impacted by our existing program tells his story.

"I am an alcohol/drug addict. My only happiness at eighteen came from using/abusing alcohol and drugs.

For a long time I figured I could do better at everything if I just wasn't stoned, but the future was always too far away for me to grasp. Then after a few months at NAU, I got involved in High Sobriety. Then we had a workshop for the High Sobriety Group. It was a way to help us learn ways to promote alcohol and drug wellness to our peers. During the whole day, I sat back and participated, but really didn't mean it. The banquet came that evening, so I went for a free meal. They had a guest speaker named Pat. He called us--ME--a normie. Pat was an alcohol/drug addict and said we just didn't know what it was like and that we could never know no matter what we said. I was mad as hell for this guy was telling me that I didn't know what I really did know: 'I was in his same shoes; the ruin he had gone through was mine.' That was on January 31, 1987. I haven't taken drugs or a drink since. I live one day at a time and live each day to the fullest. Every night when I go to sleep, I am happy with what the daylight held for me."

Northern Arizona University is proud of Mike's story. Our University recognizes that there are other students who can be helped. In fact Mike's pre-college alcohol/substance abuse pattern is one of the difficulties facing Higher Education, alcohol/substance abuse intervention. This is particularly indicative of the Native American student abuser. According to Associate Professor of Education at Lethbridge (April 1987), Phil Lane, "The primary reason we've seen for Native American students not making it through college is alcohol and drug

abuse. For most Indian students addiction and social problems take their toll long before they reach college age." Further, Lane says "for America's native people, exploration and solutions of alcoholism are deeply rooted in cultural, educational, economic, legal, and political issues." (The Chronicle of Higher Education, April 15, 1987) NAU's project is intended to increase the chances of success in alcohol/drug intervention as well as prevention.

Plan of Operation

Northern Arizona University recognizes the need for a commitment to a comprehensive two component alcohol/substance abuse plan of operation for students on its campus. As a result, the enclosed proposal includes both an active training/intervention/counseling service, and a prevention/wellness/activities plan. Further, Project Daylight has a particular focus on incoming freshman as a primary target in development of a healthy campus environment. Along with this focus is a specific emphasis on Native American alcohol/substance abuse.

The goals and objectives of the training/intervention/counseling program include:

1. To increase the awareness of students, faculty, and staff regarding the unique problems of NAU's students regarding alcohol/substance abuse (long range)
 - A. Develop a 1-1/2 hour awareness training module with particular attention to Native American students, non-traditional students, and freshman to be presented to the following groups: (To be completed by Sept. 30, 1987)
 1. Student Services departments and other departments that work directly with students outside of academic settings with emphasis on the first offender program and early detection of alcohol/substance abuse,
 2. Deans and Department Chairs with emphasis on early recognition and referral of students within the classroom,
 3. Student organizations attending the Leadership Retreat with emphasis on direct peer involvement.
 - B. To develop alcohol/substance abuse prevention goal packets for all divisions in conjunction with the University commitment to the

prevention of alcohol/substance abuse. Each division within the University will be requested to submit a substance abuse plan with input from departments as a part of their yearly goal statement. These recommended goal packets will include ideas such as participation in the Flagstaff community CASA organization (Citizens Against Substance Abuse), volunteer work in local schools, development of college courses in substance abuse, advising High Sobriety (group of NAU students committed to socializing without drugs or alcohol), and serving on the evaluation team for the project. (Goal packets completed by October 30th, 1987.)

- C. Work with NAU's campus television station in development of a 30 minute program entitled "Through the Eyes of Children". A preliminary program of 5-10 minutes was developed as a pilot in the Spring of 1987. This 30 minute program will be completed in conjunction with the CASA community group and local schools. This innovative film will include interviews of children regarding their attitudes and views of alcohol/substance abuse. (To be completed by May, 1988.)
- D. Coordinate all existing substance abuse awareness programs with the Health Educator, Residence Life Educator and Drug/Alcohol Task Force. (On-going) Counselor Trainer, Safety/Security Officer, and Assistant Director of Student Activities.
 - 1. Emphasize educational programs targeting freshman, Native American, and families, during the National Alcohol Awareness Week October 19-25th, 1987. Activities will include, film on Native American alcoholism "The Honor of All", poster contest for on-campus children, High Sobriety Club activities focused on freshman.
 - 2. Develop an annual magazine (eight pages 8 1/2 x 11") addressed to incoming freshman from upperclassmen. This magazine will utilize student leaders (particularly Native American) and athletes who provide positive role models by addressing success through staying healthy and not using alcohol or drugs. The concept for this magazine was modeled after the national publication "Drugs A Deadly Game" sponsored by Coca-Cola. (To be completed by August, 1988.)

2. To educate a wide spectrum of students, faculty, and staff in early detection and referral services.
 - A. Develop an intensive - 12 hour - intervention and referral training program for selected representatives from faculty/staff/students including; the High Sobriety Club, Native American sub-committee, para-professional volunteers. (To be completed by December 30, 1987.)
3. To provide direct intervention services to students identified through early detection system.
 - A. Train all University counselors on early warning signs of alcohol/substance abuse for intake assessments. (To be completed by October 30, 1987.)
 - B. Train all University counselors on specific intervention strategies and referrals. (To be completed by November 30, 1987.)
 - C. Advertise services at the Counseling Center for students needing counseling in substance abuse through introductory flyers and advertisements in campus newspaper. (To be completed by September 30, 1987.)
 - D. Work with the Student Life Department to develop a first offender program. This program will provide specific intervention strategies for disciplinary referrals. Students who have been referred for first offense violations of University policy regarding alcohol/substance use will be automatically referred to the first offender program. (Implemented by January, 1988.)
 - E. Develop an education program tailored to Native American alcoholism utilizing students in the Native American's United student group.
4. To develop and maintain active partnership with external agencies providing alcohol/substance abuse services for purposes of program development and referrals for treatment. (On-going)
 - A. Develop a referral book which includes basic services offered locally and within the State. (To be completed by August, 1988.)
 - B. Develop an on-campus location and support for Adult Children of Alcoholics and Alcoholics Anonymous groups. (To be completed by September, 1987.)
 - C. Participate with Citizens Against Substance Abuse groups in their community action plans. Providing an avenue for sharing and accessing

- expertise in alcohol/substance abuse services. (On-going)
5. Solicit support from parents, faculty, and staff for the program through their encouragement of freshman student involvement and through their financial commitment for expansion of the program. Current parent/staff gifts include \$1,921.84 in donations. These donations have been used for the High Sobriety Club activities. Future gifts will continue to be used for the High Sobriety Club.
- A. Send an initial education and solicitation letter to parents.
 - B. Send out a semester newsletter to all donors.
 - C. Solicit staff support through the packet of recommended goals.

The goals and objectives of the wellness/prevention activities program include:

- 1. To provide health/wellness information to students on NAU's campus.
 - A. The Counselor Trainer and Health Educator will co-coordinate bi-weekly meetings with the Police, Residence Life Education Coordinator, and Student Activities staff to plan academic year programs for students on campus in the following areas: (On-going)
 - 1. Addictions - (Counseling Center) Minimum of six programs to be presented on campus each year.
 - 2. Environmental effects on health, i.e., stress (Health Center) Stress programs to be presented at mid-terms and finals.
 - * 3. Spiritual wellness - values (Residence Life) Minimum of six presentations to students.
 - 4. Emotional wellness - relationships (Residence Life) Minimum of six presentations to students.
 - * 5. Physical wellness - Fit Start (Health Center) Minimum of six presentations to students.
 - 6. Intellectual wellness - faculty programming (Residence Life) Active referrals to educational support services for tutorial support. Minimum of six presentations to students.
 - * 7. Social wellness - (Student Activities staff)
 - * 8. The Individual - minimum of six presentations on individual development.

These educational programs will actively involve students in planning and implementation (Student Health Advisory Committee, Resident Assistants, Student Union Network).

*NOTE: The Spiritual, physical, social and individual areas are the four components of the medicine wheel symbol within the Native American culture.

- B. Continue the current health newsletter to students with a focus which coincides with the academic year educational programs. (On-going)
2. Advertise resource material and promote programs through monthly advertising flyers in conjunction with the Residence Life Educator. (on-going)
3. Direct and plan training for paraprofessional health aids, and Resident Assistants (Health Educator, Residence Life Educator).
 - A. Program Coordinator will develop one hour intervention and training presentation related to addictions. (Completed by January 30th, 1988)
 - B. Develop training program for student staff to coincide with the identified areas of wellness. Utilize the five departments responsible for programming.
4. Conduct drug use survey - Distribute drug use survey in October, 1987 to randomly selected freshman, and randomly selected upperclassmen. Collect data, analyze and report findings for program development. Submit report to Project Coordinator. (Administrative Assistant)
5. Develop a proposal for a one credit hour elective course in wellness to be designed by May 1988 for submission to the curriculum committee (Health Educator) (Long range) This course will be used as a training ground for student initiated wellness programs.

Job Description and Background of Key Personnel

1. Director of Project - Eileen Coughlin has all coursework completed for doctorate in Educational Psychology and is currently finishing her dissertation in Creativity. Ms Coughlin has been the Director of Residence Life at NAU for four years and was the Chairperson for the on-campus Alcohol/Drug Task Force during 1986-87.
3. Counselor Trainer - (To be hired) Credentials required include: Master's required, Doctorate preferred in counseling with experience in drug/alcohol intervention and training or equivalent.
4. Counselor - (To be hired) Credentials required include: Bachelor's degree required, Master's preferred, in counseling with academic training in drug/alcohol intervention or equivalent.

5. Health Educator - (existing) Jon Rudy has a BS in Biology and a MS in Dietetics and is a registered Dietitian. He is currently supervising the existing wellness programs at Northern Arizona University and will coordinate planning for the project's wellness components.
6. Administrative Assistant II Wellness - (To be hired) Credentials required: Associates degree in Business or related field or four years progressive experience. Good organizational skills and creativity with advertising and promotion.
7. Residence Life Education Coordinator - (existing) Cindy Anderson has an MA in Student Personnel with experience in training and development of para-professionals. She will provide direction for portions of the wellness prevention plan.
8. Dean of Students - (existing) Dr. Tony Ross has a doctorate in Educational Administration and two years experience as the Dean of Students at Northern Arizona University. Dr. Ross will oversee the first offender program and act as a liaison for student organizations.
9. Assistant Director of Student Activities and Unions - (existing) Jim Conley has a Masters in Education with an emphasis in Counseling-Psychology. He is currently the Assistant Director of Student Activities with five years experience in this position with Northern Arizona University.
10. Safety and Security - Officer Chuck Milum is currently a Police Officer II assigned to the Crime Prevention Unit, has worked in police work at Northern Arizona University for eight years and has been with the Crime Prevention Unit since January, 1987. Chuck Milum will provide the supervision for educational services regarding safety and the law.

Adequacy of Resources

The adequacy of our institutional resources is evident in our past record of success as a University in alcohol/substance abuse programs, specifically the accomplishments of the 1986-87 Alcohol/Drug Task Force. The Task Force has only been in existence at Northern Arizona University for one year. During this time the Task Force has accomplished the following: implemented a training session for the High Sobriety Club, developed a written philosophy statement and proposed a broad-based action plan, designed a script and directed the pilot program "Through The Eyes of Children", sent a letter to all parents of on-campus

students requesting support of the Task Force which generated \$1,921.84 in support dollars, and coordinated the Fall Alcohol Awareness Week with a poster campaign for children. These projects were completed with a volunteer Task Force primarily of faculty, staff and students. Our ability to accomplish some limited scope tasks without the formal organizational structure is evident from the Task Force's one year accomplishments.

As indicated in the budget narrative of the project proposal, NAU has committed significant financial resources in the form of professional salaries, programming funds, operational funds, equipment purchases, office space, travel funds, student wage and employee related expenses. In addition, our University has committed to a broad-based community effort by encouraging all faculty and staff to become involved.

The preparation of the grant proposal is an indication of the already existing willingness of a variety of students and staff to become involved with the project. All staff listed in the grant were involved in the preparation of Project Daylight including; Dean of Students, Assistant Dean of Students, Director of Residence Life, Director of Health Center, Health Educator, on-campus Police Lieutenant, Director of Student Unions and Activities, students from High Sobriety Club, Advisor of High Sobriety, Director of Counseling Center, Assistant Director of Counseling, Vice President of Academic Affairs and the Vice President of Student Services. Clearly, this wide-spread participation in preparation of the grant speaks to the high level of commitment to alcohol/substance abuse prevention already in existence on our campus.

The enclosed proposal provides the formal structure through which the Task Force ideas can be implemented and solidified for future students attending Northern Arizona University.

Evaluations

There are a variety of evaluation methods which have been incorporated into the proposal in order to assure our ability to measure the on-going success of the program. These assessment methods will help provide guidance for developing the future of the program and tailoring it to NAU student needs.

Assessment methods will include written evaluations with standard responses designed for ease of use with multi-variate statistical techniques such as discriminant function analysis. Specific assessment methods will include:

1. Formal written evaluations of all training/development modules by participants.
2. Written reports including accomplishments of goals as submitted by individual divisions with future recommended goals.
3. Completion and distribution of the annual magazine targeted at freshman. The magazine will include a survey card which will allow the student an opportunity to respond to the content of the magazine and to request more information regarding participation in the project.
4. Student participation levels in the newly established on-campus Alcoholics Anonymous and Adult Children of Alcoholics programs.
5. Personal impact statements solicited from the High Sobriety Club membership.
6. Level of donations from parents and staff advocating the self-supporting nature of the High Sobriety Club.
7. Number of referrals to the alcohol/substance abuse counselor through participants in the project (i.e., faculty, student leaders, etc.).
8. Number of report violations by participants in the first offender program.
9. Inclusion of specific questions regarding participation and awareness of Project Daylight in the Spring random sampling of the Quality of Life survey distributed to 1100 students on the campus.
10. Data base information will be developed for future evaluation of the project by recording all alcohol/substance abuse related violations handled through the Dean of Students Office, and through the drug use survey. This data will be used to document the future impact of Project Daylight.
11. Individual records will be kept wherever possible regarding Native American student participation including: attendance at educational programs, referrals to counseling, responses to questionnaires, and personal impact statements.

The Uniqueness of NAU's Program

Northern Arizona University enthusiastically submits the enclosed drug prevention proposal for federal dollars with a belief in our ability to both service the student at NAU, and provide an action model for other Universities around the country. Our proposal includes participation by the entire University community through the development of divisional alcohol/substance abuse goals. This widespread participation sets a tone for community action which will

encourage individual creative ideas to emerge from within our University community.

In addition, the proposal provides services which extend the program into other sections of the congressional bill including section 4133 "progress for Indian youth" (H11258) and section 4132 "federal activities". The intent of section 4133 is to recognize the needs of Indian youth related to drug abuse. Northern Arizona University serves 788 Native American students. This unique opportunity to specifically service Native American students allows our proposal to support the federal commitment to Native Americans within the Drug-Free Schools and Community Act of 1986. Further, our proposal utilizes student leaders and athletes who are well respected in our community. This inclusion of student athletes supports federal activities as outlined in section 4132 of the Act, "facilitate the utilization of appropriate means of communicating to students at all educational levels...especially involving the participation of entertainment personalities and athletes who are recognizable role models for many young people." (H11258)

Further, the proposal includes a development of a video presentation which spans the childhood years to the college freshman. We believe the participation of children in our program is essential to the overall sense of active community participation which we hope to develop on our campus. Finally, our proposal recognizes freshman as vulnerable and impressionable. The proposed annual magazine will help deliver our institutional value through students who freshmen respect.

The requested dollars for Project Daylight will provide the finances necessary for coordination and delivery of new services while maximizing the existing services into a total comprehensive prevention/intervention model. Northern Arizona University's Project Daylight is an opportunity to appropriate money for the design and implementation of a project with potential as a prototype in creative solutions to the National alcohol/substance abuse crisis.

SUBSTANCE ABUSE



YOUR
DREAMS
ARE IN
COLOUR
BUT THE
TRUTH IS
BLACK & WHITE

Project Daylight

Project Daylight

... more than just counseling

Many projects and programs are offered through Project Daylight. The program mission focuses on issues related to alcohol and other drug abuse, adult children of alcoholics and other abusers, and co-dependency. Project Daylight services are free and confidential to currently enrolled NAU students.

INTERVENTION SERVICES

- Professional staff and trained volunteers offer a variety of workshops and presentations
- Public information and education materials
- Staff advisement and training support for two student groups: (1) the Peer Support Volunteers; (2) SADD – Students Against Driving Drunk
- A Wellness Programming Committee in conjunction with Residence Life, Fronske Health Center, Student Activities, Campus Safety and Security, and student health promotion clubs
- All-campus Alcohol/Drug Advisory Committee
- Support for annual campaigns: Fall National Collegiate Alcohol Awareness Week, Red Ribbon Week, December National Drunk and Drugged Drivers Awareness Week, Spring Break – Addictions Month

INTERVENTION SERVICES

- Confidential assessments to determine the extent of an alcohol or other drug problem, and referral options
- Consultations of intervention techniques to assist a significant other with a problem
- Three-hour early offenders' education class

COUNSELING SERVICES

- A professional staff offers free and confidential individual, couple, family, and group therapy for all enrolled students
- Aftercare services
- Facilitating the availability of 12-step anonymous support groups on campus, e.g., Alcoholics Anonymous, Al-Anon, Narcotics Anonymous, Co-Dependents Anonymous, Adult Children of Alcoholics

WHAT ABOUT YOU?

It is easy to deny or minimize the symptoms of an alcohol- or other drug-related problem. If you take a few moments to honestly answer this quiz, the results may surprise you.

Yes No

- ☐ ☐ 1 Do you sometimes drink excessively or use other substances when you are disappointed or aggravated by, or have argued with, someone?
- ☐ ☐ 2 Do you drink more than usual when you are troubled or under pressure?
- ☐ ☐ 3 Are you able to drink or use other drugs more now without feeling the impact than when you first started?
- ☐ ☐ 4 Do you suffer memory losses of events during the evening, and yet not pass out?
- ☐ ☐ 5 Do you try to squeeze in a couple of extra drinks during the evening without other people knowing it?
- ☐ ☐ 6 On some occasions, do you feel ill at ease if alcohol or other drugs are not available?
- ☐ ☐ 7 Are you rushing more to get the first drink than you did, say, last month?
- ☐ ☐ 8 Do you occasionally have feelings of guilt about your drinking or other drug use?
- ☐ ☐ 9 When your family and friends discuss your drinking or other drug use, do you quietly resent it?
- ☐ ☐ 10 Do you want to continue drinking when your friends say "enough"?
- ☐ ☐ 11 Do you have a reason when you get drunk?
- ☐ ☐ 12 Are you embarrassed by the things you say and do when drunk?
- ☐ ☐ 13 Have you switched drinks or the type of other drugs to try to control your situation?
- ☐ ☐ 14 Do you promise yourself to control your use and then break the promise?
- ☐ ☐ 15 Have you made changes or moved to a new place to control your use?
- ☐ ☐ 16 Do you avoid friends and family when drinking or using other drugs?
- ☐ ☐ 17 Are financial, work, or school problems increasing?
- ☐ ☐ 18 When drinking or using other drugs, do you eat irregularly or very little?
- ☐ ☐ 19 Do you take another drink in the morning to quiet your "shakes"?
- ☐ ☐ 20 Has your drinking capacity decreased lately?
- ☐ ☐ 21 Do you occasionally stay drunk or high for several consecutive days?
- ☐ ☐ 22 Are you sometimes depressed and feel that life isn't worth living?



Northern
Arizona University
Counseling and
Testing Center

If you answered "yes" more than once, it's time to take action. Call Project Daylight through the NAU Counseling and Testing Center at 523-6306 for more information.

Adapted from: NCA Questionnaire – National Council on Alcoholism, Greater Phoenix Area, 1515 East Osborn Road, Phoenix, AZ 85014.

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NEED HELP? WANT TO HELP?

- _____ I am interested in further information regarding Project Daylight services
- _____ I am interested in further information regarding counseling services
- _____ I am interested in further information regarding the Peer Support Volunteer Outreach program
- _____ I am interested in further information regarding the NAU collegiate chapter of S.A.D.D.
- _____ I am interested in further information regarding the Alcohol/Drug Advisory Committee

Name _____

NAU/Local Address _____

NAU/Local Telephone _____

Comments _____



Cut & Mail

Send to:

**Project Daylight
Counseling and Testing Center
Northern Arizona University
PO Box 6045
Flagstaff, AZ 86011-6045
(602) 523-6306**

Project Daylight does not support or condone the use of alcohol by minors nor the irresponsible use of alcohol by adults. It is also the belief of Project Daylight that the concept of the "responsible" use of illegal or illicit drugs by any segment of the population is harmful and unhealthy.



WE NEED YOU! WE WANT YOU!

Substance abuse affects the entire campus community. An attitude of cooperation and support will maximize resources and positive outcomes. To result in a significant change, *everyone must be involved*. Because the causes and consequences of substance abuse are multiple, a variety of prevention, intervention, and counseling strategies must be applied. An ideal strategy would involve all the spokes of the campus community wheel (illustrated above).

**PROJECT DAYLIGHT
Counseling and Testing Center
PO Box 6045
Flagstaff, AZ 86011-6045
(602) 523-6306**

Location: Corner of Knoles and McCreary Drive, Building 26A, west of Adel Mathematics Building, on North Campus

Cover concept by: 1990 poster winner Peter Choukalas

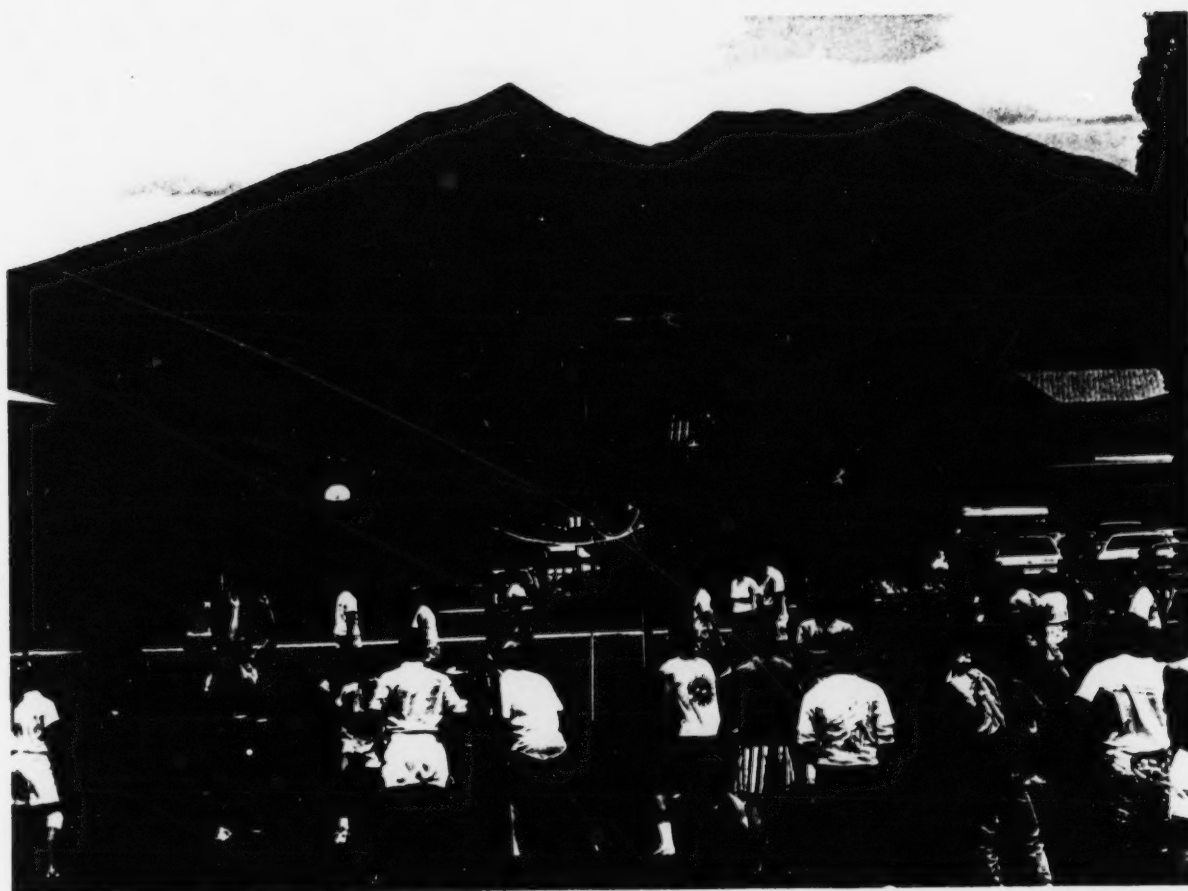


NAU is an Equal Opportunity/Affirmative Action Institution UNP/12M/1-91-072/16



Where's The Fun!

There is a lot of fun to be had, and believe me, plenty of opportunities to find it. Dances, athletic events, intramural sports and concerts are just a handful of activities available.
— Guy Carpenter, NAU Cheerleader



PROJECT DAYLIGHT



Dear Student,

As president of Northern Arizona University, I share the goals and dreams of Project Daylight and the Alcohol/Drug Task Force. Alcohol and drug abuse among the traditional college-age population is a significant problem. Unfortunately, such abuse can and does interfere with academic success, friendship, and future goals.

Substance abuse is preventable and treatable. However, it requires that each of us cares enough to be involved. Project Daylight provides the opportunity for you to choose a healthy lifestyle and to help others do the same.

I want to encourage your participation in our dream — a dream of healthy, successful students devoid of substance abuse. You are an important part of our University community.

Please join me in actively supporting Project Daylight goals by volunteering your time, and utilizing the services provided.

Sincerely,

Eugene M. Hughes

Eugene M. Hughes
President
Northern Arizona University



Project Daylight
Northern Arizona University
Counseling and Testing Center
PO Box 6045
Flagstaff, AZ 86011-6045
523-6306

NAL is an Equal Opportunity Affirmative Action Institution

9M 3MLC 8-88-081c



I meet people by a simple "hello" or "Ya'a'tééh." They look at you and say what? Then you explain to them what Ya'a'tééh means. For recreation, I like to run, ride horses, herd sheep at grandma's and go shopping. On weekends, I like to watch a movie, run, go for a walk, visit a friend and look at pictures in a family album. I deal with peer pressure to use drugs and alcohol by just saying or telling people how I feel. I'm honest with them. My friends know where I stand now.

— Leonard Begay, Political Science Major



In dealing with peer pressure when alcohol and other drugs are available, I am very open and honest about the type of life I choose to live. Being just you is a constant struggle. It may require you to be different from the crowd, but it may also be most rewarding. If you are willing to stand up for what you believe and willing to risk what it might take to satisfy your capacity for living, then at least you are being truthful to yourself. As people look into your life, they will respect your choice not to use drugs or alcohol. A friend will care for you, accept you not for what they want you to be, but for what you are. Your friend will let you be yourself.

— Rayito Lopez, Management Major



There is a huge misconception that college is a party scene twenty-four hours a day. When I started college, I worried that I wouldn't fit in because I wasn't a "partier" in high school. But I have found that NAU stimulates intellectual as well as social growth. There are countless organizations and committees for students to be a part of and find their niche. I've been involved in Associated Students of NAU, the Black Student Union, Hall Council, and numerous University committees. I feel that involvement makes your college years successful.

— Felicia McGinty, Criminal Justice Major

How to be Successful in School and Still Have Fun

WHAT TO DO AT NAU

Bowling Alley
Game Rooms
Tennis Courts
Racquetball Courts
Dances
Football Games
Track Meets
Volleyball
Low-Cost, Contemporary Movies
Intramurals
Plays
Water Aerobics
Life Cycles
Concerts
Comedy Nights
Playing in the Snow
Frisbee/Hacki-sack
Sunbathing
Bike Rides
Pool Tables
Art Gallery
Biology Department Museum
Observatory
Hall Activities
High Sobriety
Martial Arts
Taichai
Yoga
Health Center FIT-Life
Fit Trail
Jogging
Northern Lights
University Union
 Eateries
 Shopping
 Lounges
 Entertainment
 Recreation Areas

In addition to campus activities, northern Arizona offers a wide variety of attractions and recreation. Call the Flagstaff Chamber of Commerce, 774-4505.

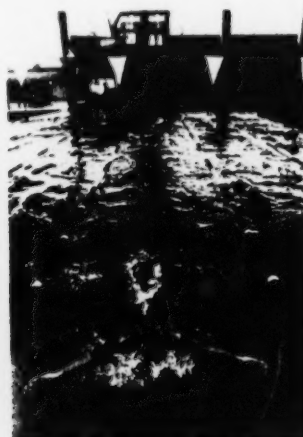
REGISTERED STUDENT ORGANIZATIONS

39 Academic Organizations
10 Fraternities
13 Religious Organizations
26 Residence Hall Councils
16 Service Honorary Organizations
4 Sororities
17 Special Interest Organizations
18 Sports/Recreational Organizations
6 Cultural Organizations
 Black Student Union 523-5181
 Chinese Student Association 523-7226
 International Association 523-5181
 Malaysian Student Association 523-4011
 MECHA Student Club 523-2671
 Native American United Club 523-5656
6 Representative Organizations
 Associated Students of NAU 523-5181
 Associated Women Students 523-5181
 Association of University Residence Halls 523-3978
 Freshman Representative Council 523-5181
 Inter-Fraternity Council 523-5181
 Panhellic Association 523-4631

For organization information, call the Office of Student Life, 523-5181.

HEALTH PROMOTION

The Student Health Advisory Committee (SHAC) is the official student organization for student/consumer participation with the NAU Fronske Health Center. Responsibilities include: ensuring quality student health care and cooperating with other student organizations on health promotion projects. Past projects include blood pressure screening, health promotion information development, newsletter production, a health fair, and FIT-Life. Call 523-2131.



RECREATION

All recreational facilities and activities at NAU are designed to offer recreational opportunities for every student at NAU.

Intramural Program: twenty-six activities in men's, women's, and co-recreational activities are organized on both a team and an individual basis in such sports as flag football, basketball, soccer, inner-tube water polo, backgammon, chess and racquetball. Call 523-2772.

Campus Recreation Program: less competitive than intramurals, twenty-six weekend events for teams and individuals are offered throughout the school year including hacki-sack, ultimate frisbee and over-the-line tournaments. Call 523-2772.

Sports Club Program: assists special interest student groups with the scheduling of activity areas, equipment and organization. Current clubs include the soccer club, bowling club and rugby club. For information about existing clubs or organizing new ones, call 523-2772.

Creative and Communication Arts: art exhibits, concerts, performing arts series, Flagstaff Symphony Orchestra, competition, recitals, festivals, ballet, choir, University Chorale. Call 523-3011.

S.U.N. Entertainment: concerts, speakers, comedy open sun sets, Noon Tunes, Night-Side, light entertainment. Office located in the University Union. University Union Activities: 523-5638. Central Ticket Office - University Union: 523-5271. Athletics: 523-5353.

Walkup Skydome: a wide variety of educational classes, recreation and athletics are available including

jogging, weight training and free recreation. Call 523-3449.

NAU Natatorium: capable of providing diving, lap swimming and leisure activities concurrently. The pool has underwater windows, interior and underwater stereo speakers, non-turbulent lane lines, a disabled chair lift and mezzanine which seats 300 spectators. Call 523-4508.

University Union: complex offers a variety of food services as well as a shopping mall, lounge, entertainment, and recreation areas. The union features the Field House, Bowling Center, Game Room, and ASNAU Equipment Checkout. The Field House has basketball courts, a track, weight machines, and locker rooms. ASNAU Equipment Checkout has a variety of equipment to rent. Call 523-2391.

South Activity Center: three basketball courts, four racquetball courts, volleyball courts, badminton courts and men's and women's locker rooms. Call 523-5192.

Tennis Courts: six courts located at the north end of campus on Skydome Drive adjacent to the Natatorium and Lumberjack Stadium.

Lumberjack Stadium: located at the north end of campus on Skydome Drive, it offers a track and an outdoor football practice field. Many intramural and recreational activities are held here.

North Union: houses Prochnow Auditorium (movie theater), clubs, organizations and the Timber Inn eatery. Call 523-3961 for movie information.

How do you deal with stress?



Organize when to do the things that need to be done and then put everything aside. Take time out to read a magazine or take a nap. Studying outside is always a nice break and doesn't seem as stressful as indoors. Exercising always helps to relieve stress either by sports, bicycling or aerobic workouts which are always being offered. — Kari Wilson, Elementary Education Major

I take it out by leaving the situation for a while, taking a walk, calling a friend, or turning on some soothing music. — Joe Klein, NAU Student

I stagger my time and try to work out with prayers or live day by day because life is too short. — Herbert Stevens, NAU Student

What do you do for recreation on weekends when you're tired of studying and want to relax?



I put a lot of energy into my schoolwork, yet I do find lots of time to socialize. I attend movies here on campus and take the time to go to parties where no alcohol is served. — Tiffany Galloway, Business Major

Snowboard, ceramics and also reading. Take photographs or go off "exploring" some place that I've never been. I also see a lot of movies. — Brad Steward, NAU Student

Winter snow provides for the best skiing, tubing and snowball fights. The sunny weather of fall and spring is great for volleyball, softball, football, soccer, bike riding, hiking, running, cookouts with friends or just lying out to soak up some rays. — Brian Smith, Sechrist Hall President

How do you deal with peer pressure on occasions when alcohol or other drugs are available?



When confronted with the situation of alcohol, or even drugs, I just say that I don't want any because I don't like them, especially the taste of alcohol. If pressured further, I say that I will look out for things and be a designated driver if one is necessary. I've been confronted with this situation many times, and I have had no trouble handling it. They give me a hard time and tease me, but

they respect me for it and appreciate that someone can drive for them. As long as I stand my ground, I have no trouble with it. — Christie Conway, Secondary Education/Mathematics Major

I don't let people pressure me into doing anything. I'm my own person and I don't let people influence me. — Melissa Horton, NAU Student

I never give in. I make my peers feel guilty for giving pressure. — Rex Morrison, NAU Student

I tell them I don't feel like drinking, or I have other things to do. I don't have to drink or do drugs if I don't want to. — Veronica R. Hickson, NAU Student

How do you socialize and meet people?



In the Greek system you can make lasting friendships and network with other success oriented students. — Mark Leon, General Studies Major

I encourage everyone to get into some other organizations outside of their major. — Bob Wagenfehr, General Studies Major

Along with being involved in student government I am also a member of Alpha Delta Pi social sorority. — Mary-Michael Mansur, Associated Women Students President

By having a smile on my face and being outspoken. — Annabelle Chee, NAU Student

SPECTRUM OF DRUG USE/ ABUSE/DEPENDENCY

USE

- 1) Experimental or occasional use.
- 2) Moderate amounts.
- 3) Appropriate medical use.
- 4) Appropriate social use.
- 5) Monitored use among family members, special occasions and functions.
- 6) Religiously defined use.
- 7) Personally defined use; use does not affect value system.
- 8) No harmful consequences as a result of the use.

HIGH RISK USE/ABUSE

Any amount, frequency, or pattern of use that, if continued, has a high risk of leading to increased abuse and dependency.

- 1) Use for effect.
- 2) Spree or binge use.
- 3) Intermittent abuse, drinking to the point of drunkenness.
- 4) Excessive amounts

ABUSE

Any amount, frequency, or pattern of use which interferes with normal functioning; harmful consequences begin.

- 1) Excessive amount with increasing frequency.
- 2) Continued use despite experiencing harmful consequences.
- 3) Rationalizing or minimizing use.
- 4) Plans to change but can't.

DEPENDENCY

Use becomes the center of the person's life; uncontrolled use; use followed by harmful consequences, followed by use, and so on.

- 1) Plans to change but can't.
- 2) Loss of control.
- 3) Continued use despite consequences.
- 4) Behavior while using begins to violate value system.
- 5) Broken promises.
- 6) Increased tolerance.
- 7) Blackouts.
- 8) Unplanned use.
- 9) Effects on school, family, appearance, etc.
- 10) Development process slows to a halt.
- 11) Delusion.



Dear Friends,

Project Daylight is a program for all students of Northern Arizona University. The purpose of the program is to offer comprehensive prevention and treatment of alcohol and other drug abuse on campus. Project Daylight is funded by the U.S. Department of Education and by NAU.

Project Daylight services – free to NAU students – include presentations, training programs, information and referral services, evaluations, and counseling services targeted for abusers and children of abusers.

The Project Daylight team is a group of professionals in the field of substance abuse counseling who are dedicated to providing comprehensive services to the students of NAU.

If you think you might have a problem or have a loved one who does, please stop by our office at the NAU Counseling and Testing Center (building 26A) at the corner of Knoles and McCreary drives, or call 523-6306.

Sincerely,

Cindy Leisse

Cindy Leisse, M.S.W., C.A.C.
Counselor/Trainer

Project Daylight does not support or condone the use of alcohol by minors. It is illegal and unhealthy. We also believe there is no such thing as the responsible use of any illegal or illicit drug by any segment of the population.



Dear Incoming NAU Students,

High Sobriety is a group dedicated to promoting the idea that college is more than just keg parties. Our goal is to create fun, exciting and safe alternatives to drinking.

Wait a minute!!!!!! Before you stop reading this, let me explain a few things. High Sobriety is not a temperance crusade for the 80s. We simply want to provide other alternatives.

Okay, so now you're probably thinking, "What kind of weirdos join this club anyway?" The answer to that is "None." You'll find all kinds of people in our club — from freshmen to graduate students, from musicians to athletes — and people majoring in everything from art to zoology. No matter who you are, you're sure to find a niche in High Sobriety. All we ask is that you be willing to have fun without alcohol.

Now, you are probably saying, "All right, what do you consider fun?" Well, just in the last year, we have gone as a group to football and basketball games, as well as other events on campus. We have held dances and fielded an intramural soccer team. We had "study breaks" during midterms and finals (a chance to blow off steam by watching movies and pigging out), took part in Blue Key's annual "Vegas Strip Night" and had a slumber party, complete with all the necessary junk food and fun. Plus, we put on an Easter egg hunt for the children living in family housing. Do we keep busy? You bet!!!

Well, are you interested yet? If so, come to one of our meetings. Contact Project Daylight 523-6306 for times and meeting places, and be sure to bring your enthusiasm and ideas along! See ya!!!

Karla Turner

Karla Turner
High Sobriety Club



Cut & Mail

INFORMATION REQUEST

____ I am interested in receiving further information regarding Project Daylight.

____ I am interested in getting involved in the High Sobriety Club on campus.

____ I am interested in being involved in the Peer Support Volunteer Outreach Program for children of alcohol and other drug abusers.

Name: _____

NAU/Local Address: _____

NAU/Local Telephone: _____

Your comments and suggestions regarding this brochure, High Sobriety, or Project Daylight are most welcome.

Send to:
Project Daylight
Counseling and Testing Center
PO Box 6045
Flagstaff, AZ 86011-6045
602/523-6306

Where's The Fun?



PROJECT DAYLIGHT

WHAT TO DO AT NAU

Bowling Alley.....	University Union Complex
Game Rooms.....	University Union Complex
Tennis Courts.....	Lumberjack Stadium
Racquetball Courts.....	South Activity Center and Multi-Purpose Recreation Center
Football Games.....	Walkup Skydome
Track Meets.....	Skydome and Lumberjack Stadium
Volleyball.....	Lumberjack Gym
Low-Cost, Contemporary Movies.....	Prochnow Auditorium
Intramurals.....	Multi-Purpose Recreation Facility
Plays.....	Andrey Auditorium and College of Creative and Communication Arts Theatre
Water Aerobics.....	Natatorium
Life Cycles.....	Natatorium
Comedy Nights.....	University Union
Pool Tables.....	du Bois Conference Center and University Union
Art Gallery.....	College of Creative and Communication Arts
Astronomic Observatory.....	Skydome Drive
FIT-Life.....	Fronse Health Center
Northern Lights.....	North Union
University Union.....	Eateries, Shopping, Lounges, Entertainment, Recreation Area
Dances	
Concerts	
Playing in the Snow	
Frisbee/Hacki-Sack	
Sunbathing	
Bicycle Rides	
Hall Activities	
High Sobriety	
Martial Arts	
Taichai	
Yoga	
Fit Trail	
Jogging	
Skiing	
Aerobics	

For additional campus events, contact Student Activities,
523-3961.

FLAGSTAFF RESOURCES

Along with campus activities, northern Arizona offers a wide variety of attractions and recreation. Call the Flagstaff Chamber of Commerce, 774-4505.

REGISTERED STUDENT ORGANIZATIONS

- 43 Academic Organizations
- 8 Fraternities
- 16 Religious Organizations
- 20 Residence Hall Councils
- 15 Service Honorary Organizations
- 4 Sororities
- 21 Special Interest Organizations
- 19 Sports/Recreation Organizations
- 7 Cultural Organizations
 - Moslem Student Association, 523-7362
 - Black Student Union, 523-5656
 - Chinese Student Association, 523-7226
 - Malaysian Student Association, 523-3698
 - MEChA Student Club, 523-5181
 - Native Americans United, 523-5656
- 6 Representative Organizations
 - Associated Students of NAU, 523-5181
 - Associated Women Students, 523-5181
 - Association of University Residence Halls, 523-3978
 - Freshman Representative Council, 523-5181
 - Inter-Fraternity Council, 523-5181
 - Panhellenic Association, 523-4631

For organization information, call the Office of Student Life,
523-5181, or ASNAU, 523-4977.

MULTI-PURPOSE RECREATION FACILITY

(Scheduled for completion July, 1989)

The new facility is situated on approximately one acre of land adjacent to the Lumberjack Stadium on Skydome Drive. It features six racquetball courts with glass backwalls, a fully-equipped weight room, a multi-purpose room for aerobics and various other activities, a basketball/volleyball gymnasium, locker rooms complete with saunas, and meeting rooms. The facility is open daily to students, faculty, and staff with a valid NAU ID.

School and Still Have Fun



RECREATION

All recreational facilities and activities at NAU are designed to offer recreational opportunities for every student at NAU.

Intramural Program: Thirty activities in men's, women's, and co-recreational activities are organized on both a team and an individual basis in such sports as flag football, basketball, soccer, inner-tube water polo, backgammon, chess, and racquetball. Call 523-2772.

Campus Recreation Program: Less competitive than intramurals, 26 weekend events for teams and individuals are offered throughout the academic year including hacki-sack, ultimate frisbee, and over-the-line tournaments (cross-country skiing). Call 523-2772.

Sports Club Program: Assists special interest student groups with the scheduling of activity areas, equipment, and organization. Current clubs include soccer, volleyball, and rugby. Call 523-2772.

Creative and Communication Arts: Art exhibits, concerts, performing arts series, Flagstaff Symphony Orchestra, competition, recitals, festivals, ballet, choir, and University Chorale. Call 523-3011.

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University Union: The complex offers a variety of food services as well as a shopping mall, lounges, entertainment, and recreation areas. The union features the Field House, Bowling Center, Game Room, and ASNAU Equipment Checkout. The Field House has basketball courts, a track, weight machines, and locker rooms. Call 523-2391.

South Activity Center: The center offers three basketball courts, four racquetball courts, volleyball courts, a multi-purpose room, and men's and women's locker rooms. Call 523-5192.

Tennis Courts: Six courts are located at the north end of campus on Skydome Drive adjacent to the Natatorium and Lumberjack Stadium.

Lumberjack Stadium: Located at the north end of campus on Skydome Drive, the stadium offers a track and an outdoor football practice field.

North Union: The union houses Prochnow Auditorium (movie theatre), clubs, organizations, and the Timber Inn eatery. Call 523-3030 after 5 p.m. and weekends (information desk).



Florian Tom Johnson



Heather Dobey



Tony Tribolet



Sue Sisley

How do you deal with stress?

I have friends on whom I unload my cares and worries. They will listen to me, offer me a shoulder to cry on. Writing in my journal also helps. Once I get things on paper, they don't seem so powerful or stressful anymore. Everything goes in my journal. It's my best tension reliever. — Mary Erhart, Social Work Major

I usually take a walk, read, or just sit and listen to music. Taking a walk on the NAU campus usually soothes my nerves, even when it's snowing or raining. — Becky Tellez, Elementary Education Major

Lifting weights is a great way for me to deal with stress. I'm able to get out little aggressions on the weights instead of letting them build up and make me miserable. I also use visualization meditation. — Tony Tribolet, Health Promotions Major

Swim, exercise, dance, clean, stretch, laugh hard, do a hand stand against the wall, play frisbee — it works. — Shari Wall, Social Work Major

Run until I'm too weak to run, so I'm too weak to be bothered by stress. — Delphine Mason, Business Major

What do you do for recreation on weekends when you're tired of studying and want to relax?

Go outside as much as possible. Flagstaff has four beautiful seasons and if you can find an outdoor activity for each one, you will enjoy the beauty of each season. During the winter I cross country ski; spring is for hiking and walking; summer is mountain biking and sunbathing, and fall is anything and everything. — Jill Clark, English Major

Lift weights, read adventurous books, and watch sports, especially boxing. I'm a boxing fan and historian. Being a Spanish major, I also like to pick up Spanish comics or material like that to "enlighten" me. — Aaron Woods, Spanish Major

When I'm tired of studying on the weekends I make sure to take some time out just for myself. I spend time with my friends in the dorm. We always share with each other the things that are going on in our lives; however, most importantly, we make each other laugh. — Heather Dobey, Community Health Promotions Major

I watch television, listen to the radio, or call up some friends and invite them over for pizza and a game of cards. — Monica Kangel, Public Relations Major

Alternatives

How do you socialize and meet people?

My main way of meeting people and socializing is through my resident assistant's job, involvement in Northern Lights, and working at the Multicultural Student Center as a peer adviser. Through these means I have developed many acquaintances and a few lifetime friendships. — *Tyrone Thompson, Criminal Justice Major*

I met a lot of my friends here at the dining rooms, library, activity center, fitness centers, and within the AISES organization. — *Florian Tom Johnson, Electrical Engineering Major*

I talk a lot and I simply enjoy sharing a good conversation. Also, I like to strike up conversations with people in my classes or dorm. If we really hit it off, before you know it, you've found someone who can share a lot with you — sports, movies, exercise, dinner out, whatever. College is a great place to socialize and meet many people with unique interests, views, and backgrounds. — *Diana Morrison, Physical Education Major*

I meet some people in my classes, but most people I meet through campus organizations such as ASNAU, Spurs, Northern Lights, etc. — *Sue Sisley, Chemistry/Biology Major*

How do you deal with peer pressure on occasions when alcohol or other drugs are available?

When it is offered to me I politely say "no thank you," and if they insist, I tell them I am in training for basketball and don't want anything. If I am getting pressure then I know it is time to leave. Most of the time when I tell them I am an athlete they respect my decision and leave me alone. — *Erica McPhee, NAU Women's Basketball*

I feel that a real friend would not put that kind of pressure on me. I stay away from people who try to force me to do drugs or take alcohol. — *Phil Jensen, Criminal Justice Major, AFROTC cadet*

I openly tell people that I am not into drinking or drugs, but do enjoy a good time. I find that honesty relieves all pressure right away. — *Bernadette Duran, Speech Communications Major*

I just say no. People just have to accept me for what I am. — *Twila Begay, Nursing Education Major*

I do not put myself into situations where there are drugs and drinking. When you are not around it, you do not need to be involved with it. — *Julie Schreiber, Communications Major*

I don't have a problem with anyone because everyone knows I don't drink or do drugs and they know I'm adamant about it, so they don't even ask. — *Lisa Stull, Social Work Major*



Twila Begay



Tyrone Thompson



Phil Jensen



Diana Morrison

Dear Incoming NAU Students,

I'd like to introduce you to High Sobriety. We're a club on campus dedicated to providing fun alternatives to college drinking parties. We call ourselves "the alternative club." And we have many exciting alternatives to drinking.

Now don't think we're a crusade against drinking. We just like to have fun without alcohol. The only requirement we have for you is that you be willing to do the same.

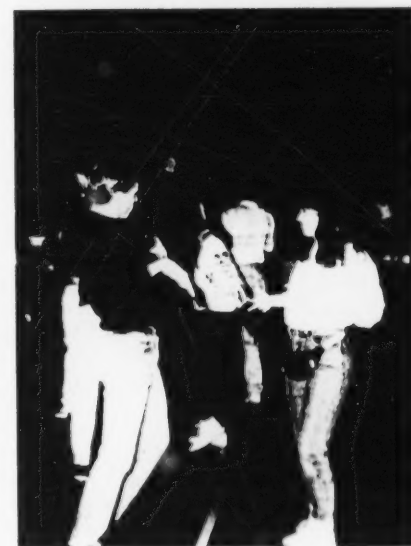
Some of the fun things we've done recently include a group retreat to beautiful Lockett Meadow and face painting for the kids at Special Olympics. As well, we held our own "Not So Special Olympics," complete with munchies and lots of laughs, took part in Blue Key's annual "Vegas Strip Night," and had a few dances. Plus, we do an annual Easter egg hunt for the kids who live in campus family housing. And we're always open to new ideas for fun and safe alternatives to drinking.

As I said before, we're not a bunch of crusaders, nor are we a bunch of weirdos. We're a fun club made up of many kinds of people who have many different interests. If you like to have fun and want to meet people who also want to have fun without alcohol, come see what High Sobriety can be for you!

Contact Project Daylight at 523-6306 for the time and place of meetings. We can't wait to meet you!

Lisa Combs

Lisa Combs
High Sobriety Club



HEALTH PROMOTION

Health Promoters — The Northern Arizona University Health Promoters is an on-campus organization dedicated to the promotion of healthy living among NAU students. It is our goal to provide health education promotional services and information in an effort to support and encourage healthy lifestyles. Healthy living — the opportunity and the choice is yours! Call Heather, 523-4252.

SHAC — The Student Health Advisory Committee (SHAC) is the official student organization for student/consumer participation with the NAU Fronske Health Center. Responsibilities include ensuring quality student health care and cooperating with other student organizations on health promotion projects. Past projects include blood pressure screening, health promotion information development, newsletter production, a health fair, and FIT-Life. Call 523-2131.

Project Daylight Activities

Project Daylight is a comprehensive campus substance abuse prevention program funded jointly by the U.S. Department of Education (FIPSE) and Northern Arizona University.

The program includes two components:

- 1) A training, intervention, and counseling service
- 2) A prevention, wellness, and activities plan

Services include:

- Public information and education
- Screening, evaluation, and referral services
- Direct counseling services, specializing in alcohol and other drug abuse problems, adult children of alcoholics, and co-dependency issues
- Facilitating the availability of "12-step Anonymous" groups on campus — AA, NA, ACOA, CODA, and Al-Anon
- Alcohol/Drug Task Force
- Wellness Programming Coordinating Committee

Our services are confidential and free to all NAU students.

STAFF

Cindy Leisse
Program Coordinator

Jim Rubio
Counselor

Dianne Duncan
Administrative Assistant

Project Daylight does not support or condone the use of alcohol by minors. It is illegal and unhealthy. We also believe there is no such thing as the responsible use of any illegal/illicit drug by any segment of the population.

IS IT WORTH THE PRICE?

Being arrested for drunk driving is very expensive. After adding fines, attorney's fees, insurance costs, etc., it costs approximately \$3,260 for a DUI conviction.

Here is a list of what you can buy with \$3,260:

- 2/3 year of college



- 408 albums or tapes

- 106 pairs of shoes



- 2,608 gallons of gas

- 148½ pairs of jeans

- two-fifths of a new car



- 9,314 candy bars

- 3,260 fast food hamburgers

- 13,040 arcade video games

- 1,304 movies



- 260 concerts

- 2,173 school activities

- 4,346 school lunches

- 6,520 doughnuts



- 65 ski trips

- 18.6 portable stereos

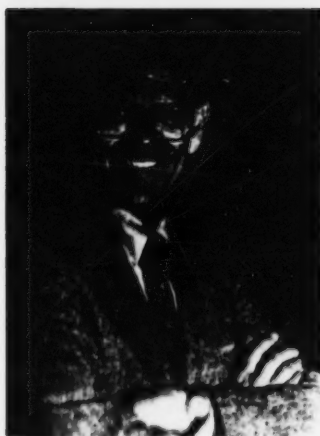
- 6,520 soft drinks



- 1,862 pizzas

- 434 haircuts

Cost figures provided by: Maine Alcohol and Drug Abuse Clearinghouse



Dear Student,

As president of Northern Arizona University, I share the goals and dreams of Project Daylight and the Alcohol/Drug Task Force. Alcohol and drug abuse among the traditional college-age population is a significant problem. Unfortunately, such abuse can and does interfere with academic success, friendship, and future goals.

Substance abuse is preventable and treatable. However, it requires that each of us cares enough to be involved. Project Daylight provides the opportunity for you to choose a healthy lifestyle and to help others to do the same.

I want to encourage your participation in our dream – a dream of healthy, successful students devoid of substance abuse. You are an important part of our University community.

Please join me in actively supporting Project Daylight goals by volunteering your time, and utilizing the services provided.

Sincerely,

Eugene M. Hughes

Eugene M. Hughes
President
Northern Arizona University

Project Daylight
Counseling and Testing Center
Northern Arizona University
PO Box 6045
Flagstaff, AZ 86011-6045
523-6306

Location: Corner of Knoles and McCreary Drive, Building 26A



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NAU is an Equal Opportunity/Affirmative Action Institution

12M:6MH/6-89-041e

Project Daylight Student Survey Northern Arizona University

Project Daylight is conducting this survey of current alcohol and other drug usage at the University. Project Daylight is a U.S. Department of Education and Northern Arizona University funded project whose purpose is to set up a comprehensive campus prevention, education, and intervention program.

Your answers will be kept strictly confidential. You should not complete the section asking for your name, social security number, etc. (on the answer sheet.) If you have already completed this survey, please do not complete again.

PLEASE CHOOSE ONLY ONE RESPONSE FOR EACH QUESTION.

Section One

1. What is your sex?
(A) ☐ female
(B) ☐ male
2. What is your age?
(A) ☐ 17 - 18
(B) ☐ 19 - 20
(C) ☐ 21 - 25
(D) ☐ 26 - 35
(E) ☐ 35 or over
3. What is your current marital status?
(A) ☐ single, never married
(B) ☐ married
(C) ☐ divorced, widowed or separated
4. What is your predominant ethnic background?
(A) ☐ Asian or South Pacific Islander
(B) ☐ Black
(C) ☐ Native American/Alaskan
(D) ☐ Hispanic
(E) ☐ White or other not listed
5. What is your current living arrangement?
(A) ☐ live on campus in residence hall with roommate(s)
(B) ☐ live on campus in residence hall alone
(C) ☐ live in fraternity/sorority
(D) ☐ live off-campus with roommate(s)
(E) ☐ live off-campus with family (including spouse)
(F) ☐ live off-campus alone
6. What is your current class at NAU?
(A) ☐ Freshman
(B) ☐ Sophomore
(C) ☐ Junior
(D) ☐ Senior
(E) ☐ Unclassified undergraduate
(F) ☐ Graduate student
7. How many hours are you currently enrolled in at NAU (include Yavapai College hours if applicable)?
(A) ☐ 6 or less
(B) ☐ 7 or more
8. Are you a new student at NAU this semester?
(A) ☐ yes
(B) ☐ no
9. What is your current enrollment status at NAU?
(A) ☐ have attended NAU and no other college
(B) ☐ transferred to NAU from 2-year college
(C) ☐ transferred to NAU from 4-year college
(D) ☐ graduate student who attended another college prior to NAU

Section Two

During the last 12 months, have you participated in any of the following activities?

(A) = Yes

(B) = No

10. ____ Student or community clubs and organizations
 11. ____ Student government (including residence hall government)
 12. ____ A regular fitness program
 13. ____ Patronage of bars or nightclubs
 14. ____ Religious affiliation or spiritual discipline
 15. ____ Partying (use of alcohol or other drugs as the main focus of a social activity)
 16. ____ Outdoor recreational activities or intramural programs
 17. ____ Intercollegiate athletics
 18. ____ Performing arts (bands, choral groups, drama, dance, etc.)
-

Please answer the following questions based on your own judgement or opinion.

19. Do you have a parent who drinks to much?
(A) ____ yes
(B) ____ no
20. Do you have a parent who uses illicit or illegal drugs?
(A) ____ yes
(B) ____ no
21. Do you have a sibling who drinks to much?
(A) ____ yes
(B) ____ no
22. Do you have a sibling who uses illicit or illegal drugs?
(A) ____ yes
(B) ____ no
23. Prior to coming to the NAU campus did you drink alcoholic beverages?
(A) ____ yes
(B) ____ no
24. Prior to coming to the NAU campus did you use illicit or illegal drugs?
(A) ____ yes
(B) ____ no
25. At what age did you first use tobacco (cigarettes, snuff, chewing tobacco)?
(A) ____ never
(B) ____ age 11 and under
(C) ____ age 12 - 15
(D) ____ age 16 - 18
(E) ____ age 19 - 21
(F) ____ over 21
26. At what age did you first try an alcoholic beverage, more than just a few sips?
(A) ____ never
(B) ____ age 11 and under
(C) ____ age 12 - 15
(D) ____ age 16 - 18
(E) ____ age 19 - 21
(F) ____ over 21
27. At what age did you first use an illicit or illegal drug?
(A) ____ never
(B) ____ age 11 and under
(C) ____ age 12 - 15
(D) ____ age 16 - 18
(E) ____ age 19 - 21
(F) ____ over 21

Section Three

28. In your opinion, what percent of NAU students consume too much alcohol?
(A) ___ 1 - 19%
(B) ___ 20% - 39%
(C) ___ 40% - 59%
(D) ___ 60% - 79%
(E) ___ 80% or more
(F) ___ don't know
29. In your opinion, what percent of NAU students use illegal drugs?
(A) ___ 1 - 19%
(B) ___ 20% - 39%
(C) ___ 40% - 59%
(D) ___ 60% - 79%
(E) ___ 80% or more
(F) ___ don't know
30. In your opinion how does alcohol usage at NAU compare to usage at other college campuses?
(A) ___ higher
(B) ___ lower
(C) ___ the same
(D) ___ don't know
31. In your opinion how does drug usage at NAU compare to usage at other college campuses?
(A) ___ higher
(B) ___ lower
(C) ___ the same
(D) ___ don't know
32. How often do the majority of your close friends drink too much alcohol?
(A) ___ daily
(B) ___ more than once a week
(C) ___ once a week
(D) ___ more than once a month
(E) ___ rarely
(F) ___ never
33. How often do the majority of your close friends get high on illicit or illegal drugs?
(A) ___ daily
(B) ___ more than once a week
(C) ___ once a week
(D) ___ more than once a month
(E) ___ rarely
(F) ___ never

How easy do you think it would be for you to get each of the following drugs if you wanted some?

Use the following scale: (A) = easy (B) = difficult (C) = probably impossible (D) = don't know

34. ___ alcohol
35. ___ marijuana (pot, grass)
36. ___ psychedelic (LSD, mescaline, peyote, PCP, psilocybin, etc.)
37. ___ amphetamines (uppers, pep pills, bennies, speed)
38. ___ barbiturates (downers, goofballs, reds, yellows, etc.)
39. ___ tranquilizers
40. ___ cocaine (crack)
41. ___ heroin (smack, horse)
42. ___ other narcotics (methadone, opium, codeine, paregoric, etc.)

The following two questions refer to drugs other than alcohol. Please base your answers on your own observations.

43. When do students most commonly use drugs on campus? (One answer only)
(A) ___ weekdays
(B) ___ weekends
(C) ___ parties and other social events
(D) ___ during midterms or finals
(E) ___ don't know
44. Drug use occurs most often when NAU students are: (One answer only)
(A) ___ alone
(B) ___ with another person
(C) ___ with 2 or more persons
(D) ___ don't know

(Over)

Section Four

The following questions ask your opinion and attitude about risks associated with the use of drugs. Please respond to each question using the following scale: (one answer per question).

(A) = great risk (B) = moderate risk (C) = slight risk (D) = no risk (E) = don't know

How much do you think people risk harming themselves (physically or in other ways), if they . . .

- 45. ____ smoke cigarettes occasionally
- 46. ____ smoke cigarettes regularly
- 47. ____ use snuff/chewing tobacco occasionally
- 48. ____ use snuff/chewing tobacco regularly
- 49. ____ smoke marijuana occasionally (pot, grass)
- 50. ____ smoke marijuana regularly (pot, grass)
- 51. ____ take a psychedelic occasionally (LSD, mescaline, peyote, PCP, psilocybin, etc.)
- 52. ____ take a psychedelic regularly (LSD, mescaline, peyote, PCP, psilocybin, etc.)
- 53. ____ take heroin occasionally
- 54. ____ take heroin regularly
- 55. ____ take barbiturates occasionally (downers, goofballs, reds, yellows, etc.)
- 56. ____ take barbiturates regularly (downers, goofballs, reds, yellows, etc.)
- 57. ____ take amphetamines occasionally (uppers, pep pills, bennies, speed)
- 58. ____ take amphetamines regularly (uppers, pep pills, bennies, speed)
- 59. ____ take cocaine (crack) occasionally
- 60. ____ take cocaine (crack) regularly
- 61. ____ drink alcohol occasionally (beer, wine, liquor)
- 62. ____ drink alcohol regularly (beer, wine, liquor)
- 63. ____ get drunk occasionally
- 64. ____ get drunk regularly
- 65. ____ take non-prescription stimulants ("look-alikes") occasionally
- 66. ____ take non-prescription stimulants ("look-alikes") regularly

Section Five

We are interested in how often you use the substances listed below. Reminder — this survey is totally anonymous, your answers cannot be associated with you in any way.

Please use the following scale. (For example, if you use the substance daily or almost daily, mark the A on the answer sheet).

(A) = daily (D) = never
(B) = regularly (E) = binges/benders (episodic heavy use — two or more days in a row)
(C) = occasionally

- 67. ____ tobacco (cigarettes)
- 68. ____ snuff/chewing tobacco
- 69. ____ alcohol (beer, wine, liquor, alcohol punches)
- 70. ____ marijuana (grass, pot) or hashish (hash, hashoil)
- 71. ____ cocaine (sometimes called "coke") or crack
- 72. ____ barbiturates; downers, reds (secobarbital), yellows (pentobarbital), blues (amobarbital), rainbows (secobarbital and amobarbital)
- 73. ____ quaaludes (quads, ludes, soapers, mathaqualone)
- 74. ____ psychedelic (LSD or "acid", mescaline, peyote, psilocybin, etc.)
- 75. ____ heroin (smack, horse, skag)
- 76. ____ PCP (angel dust, peace killer, killer weed, super grass)
- 77. ____ amyl or butyl nitrites (poppers, snappers, locker room, vaporole, rush, kick, bullet)
- 78. ____ sniff glue, breathe contents of aerosol spray cans, inhale any other gases or sprays to get high
- 79. ____ narcotics other than heroin (codeine, demerol, talwin, methadone, morphine, opium, paregoric or laudanum)
- 80. ____ amphetamines (uppers, speed, bennies, dexies, pep pills, diet pills)
- 81. ____ designer drugs (synthetic substances manufactured in illegal laboratories — M.P.T.P., china white, ecstasy)

Thank you for completing this survey.

Our thanks to Dr. Philip Meilman, Counseling Center, Dartmouth College, Hanover, New Hampshire for allowing NAU to adapt his survey.

Project Daylight, Counseling and Testing Center, Northern Arizona University, Flagstaff, AZ 86011. Phone: (602) 523-6306. Cindy Leisse — Counselor/Trainer; Jim Rubio — Counselor; and Dianne Duncan — Administrative Assistant.

EILEEN COUGHLIN, PROJECT DIRECTOR, PROJECT DAYLIGHT

1991 PROJECT DAYLIGHT STUDENT SURVEY NORTHERN ARIZONA UNIVERSITY

Project Daylight is conducting this survey of current alcohol and other drug usage at the University. Project Daylight is housed within the Counseling and Testing Center and offers a comprehensive campus prevention, education, and intervention program.

Instructions: Your answers will be kept strictly confidential. If your answer sheet has a section asking for your name, social security number, etc., do not complete that section. If you have already completed this survey this semester, please do not complete again. However, if you completed this survey in prior years and have not completed it again since that time, please complete again.

PLEASE CHOOSE ONLY **ONE** RESPONSE FOR EACH QUESTION

SECTION ONE

1. Have you completed this Project Daylight survey in Spring 1988, 1989, or 1990?
(A) ☐ yes (B) ☐ no
- Have you...
2. Read Project Daylight materials or attended a Project Daylight presentation?
(A) ☐ yes (B) ☐ no
3. Contacted Project Daylight for information?
(A) ☐ yes (B) ☐ no
4. Participated in the Project Daylight 3-4 hour Alcohol/Drug Education Class?
(A) ☐ yes (B) ☐ no
5. Participated in counseling with Project Daylight?
(A) ☐ yes (B) ☐ no
6. Participated in Project Daylight sponsored activities? (i.e. High Sobriety/Activities Unlimited, NAU SADD, Committees)
(A) ☐ yes (B) ☐ no
7. Served as a Project Daylight Peer Support Volunteer?
(A) ☐ yes (B) ☐ no
8. Served as a volunteer in high school in an alcohol/drug prevention program?
(A) ☐ yes (B) ☐ no
9. Taken a college class on alcohol/drug abuse?
(A) ☐ yes (B) ☐ no

SECTION TWO

10. What is your sex?
(A) ☐ female
(B) ☐ male
11. What is your age?
(A) ☐ 17-18
(B) ☐ 19-20
(C) ☐ 21-25
(D) ☐ 26-35
(E) ☐ 35 or over
12. What is your current marital status?
(A) ☐ single, never married
(B) ☐ married
(C) ☐ divorced, widowed, separated
13. What is your predominant ethnic background?
(A) ☐ Asian or South Pacific Islander
(B) ☐ Black
(C) ☐ Native American/Alaskan
(D) ☐ Hispanic
(E) ☐ White or other not listed
14. What is your current living arrangement?
(A) ☐ live on campus in residence hall with roommate(s)
(B) ☐ live on campus in residence hall alone
(C) ☐ live in fraternity/sorority
(D) ☐ live off-campus with roommate(s)
(E) ☐ live on or off-campus with family
(F) ☐ live off-campus alone
15. What is your current class at NAU?
(A) ☐ Freshman
(B) ☐ Sophomore
(C) ☐ Junior
(D) ☐ Senior
(E) ☐ Unclassified undergraduate
(F) ☐ Graduate student
16. How many hours are you currently enrolled in at NAU (including Yavapai College hours if applicable)?
(A) ☐ 6 or less
(B) ☐ 7 or more
17. Are you a new student at NAU this semester?
(A) ☐ yes
(B) ☐ no
18. What is your current enrollment status at NAU?
(A) ☐ have attended NAU and no other college
(B) ☐ transferred to NAU from 2-year college
(C) ☐ transferred to NAU from 4-year college
(D) ☐ graduate student who attended another college prior to NAU

SECTION THREE

During the last 12 months, have you participated in any of the following activities? (A) = Yes (B) = No

- 19. _____ Student or community clubs, organizations, or student government (including residence hall government)
- 20. _____ Outdoor recreational activities, intramural programs, or a regular fitness program
- 21. _____ Partying (use of alcohol or other drugs as the main focus of a social activity) or patronage of bars or nightclubs
- 22. _____ Religious affiliation or spiritual discipline
- 23. _____ Intercollegiate athletics or performing arts (bands, choral groups, drama, dance, etc.)

Please answer the following questions based on your own judgment or opinion.

- 24. Do you have a parent who drinks too much?
(A) _____ yes
(B) _____ no
- 25. Do you have a parent who uses illicit or illegal drugs?
(A) _____ yes
(B) _____ no
- 26. Do you have a sibling who drinks too much?
(A) _____ yes
(B) _____ no
- 27. Do you have a sibling who uses illicit or illegal drugs?
(A) _____ yes
(B) _____ no
- 28. Do you have a close friend who has a drinking/drug problem?
(A) _____ yes
(B) _____ no
- 29. Have you ever driven under the influence of alcohol?
(A) _____ yes
(B) _____ no
- 30. Have you ever had a close friend who has driven under the influence of alcohol?
(A) _____ yes
(B) _____ no
- 31. Have you ever driven under the influence of illicit/illegal drugs?
(A) _____ yes
(B) _____ no
- 32. Have you ever had a close friend who has driven under the influence of illicit/illegal drugs?
(A) _____ yes
(B) _____ no
- 33. Prior to coming to the NAU campus, did you drink alcoholic beverages?
(A) _____ yes
(B) _____ no
- 34. Prior to coming to the NAU campus, did you use illicit or illegal drugs?
(A) _____ yes
(B) _____ no
- 35. Have you ever used steroids? (other than prescription)
(A) _____ yes
(B) _____ no
- 36. At what age did you first use tobacco (cigarettes, snuff, chewing tobacco)?
(A) _____ never
(B) _____ age 11 and under
(C) _____ age 12-15
(D) _____ age 16-18
(E) _____ age 19-21
(F) _____ over 21
- 37. At what age did you first try an alcoholic beverage (more than a few sips)?
(A) _____ never
(B) _____ age 11 and under
(C) _____ age 12-15
(D) _____ age 16-18
(E) _____ age 19-21
(F) _____ over 21
- 38. At what age did you first use an illicit or illegal drug?
(A) _____ never
(B) _____ age 11 and under
(C) _____ age 12-15
(D) _____ age 16-18
(E) _____ age 19-21
(F) _____ over 21

SECTION FOUR

- 39. In your opinion, what percent of NAU students consume too much alcohol?
(A) _____ 1% - 19%
(B) _____ 20% - 39%
(C) _____ 40% - 59%
(D) _____ 60% - 79%
(E) _____ 80% or more
(F) _____ don't know
- 40. In your opinion, what percent of NAU students use illegal/illicit drugs?
(A) _____ 1% - 19%
(B) _____ 20% - 39%
(C) _____ 40% - 59%
(D) _____ 60% - 79%
(E) _____ 80% or more
(F) _____ don't know

41. In your opinion, how does alcohol usage at NAU compare to usage at other college campuses?

- (A) _____ higher
- (B) _____ lower
- (C) _____ the same
- (D) _____ don't know

42. In your opinion, how does other drug usage at NAU compare to usage at other college campuses?

- (A) _____ higher
- (B) _____ lower
- (C) _____ the same
- (D) _____ don't know

43. How often do the majority of your close friends drink too much alcohol? (5 or more drinks in a sitting)

- (A) _____ never
- (B) _____ rarely
- (C) _____ more than once a month
- (D) _____ once a week
- (E) _____ more than once a week
- (F) _____ daily

44. How often do the majority of your close friends use illicit or illegal drugs?

- (A) _____ never
- (B) _____ rarely
- (C) _____ more than once a month
- (D) _____ once a week
- (E) _____ more than once a week
- (F) _____ daily

How easy do you think it would be for you to get each of the following drugs if you wanted some? Use the following scale: (A) = easy, (B) = difficult, (C) = probably impossible, (D) = don't know.

- 45. _____ alcohol
- 46. _____ marijuana (pot, grass)
- 47. _____ hallucinogens (LSD, mescaline, peyote, PCP, psilocybin, etc.)
- 48. _____ amphetamines (uppers, pep pills, bennies, speed)
- 49. _____ barbiturates (downers, goofballs, reds, yellows, etc.)
- 50. _____ tranquilizers
- 51. _____ cocaine (crack, coke, ice)
- 52. _____ heroin (smack, horse)
- 53. _____ other narcotics (methadone, opium, codeine, paregoric, etc.)

The following two questions refer to drugs other than alcohol. Please base your answers on your own observations.

54. When do students most commonly use other drugs on campus? (one answer only)

- (A) _____ weekdays
- (B) _____ weekends
- (C) _____ parties and other social events
- (D) _____ during midterms or finals
- (E) _____ don't know

55. Other drug use occurs most often when NAU students are: (one answer only)

- (A) _____ alone
- (B) _____ with another person
- (C) _____ with 2 or more persons
- (D) _____ don't know

SECTION FIVE

The following questions ask your opinion and attitude about risks associated with the use of drugs. Please respond to each question using the following scale: (one answer per question).

(A) = great risk, (B) = moderate risk, (C) = slight risk, (D) = no risk, (E) = don't know.

How much do you think people risk harming themselves (physically or in other ways), if they...

- 56. _____ smoke cigarettes occasionally
- 57. _____ smoke cigarettes regularly
- 58. _____ use snuff/chewing tobacco occasionally
- 59. _____ use snuff/chewing tobacco regularly
- 60. _____ smoke marijuana occasionally (pot, grass)
- 61. _____ smoke marijuana regularly (pot, grass)

How much do you think people risk harming themselves (physically or in other ways), if they...
(A) = great risk, (B) = moderate risk, (C) = slight risk, (D) = no risk, (E) = don't know.

- 62. _____ take a hallucinogen occasionally (LSD, mescaline, peyote, PCP, psilocybin, etc.)
 - 63. _____ take a hallucinogen regularly (LSD, mescaline, peyote, PCP, psilocybin, etc.)
 - 64. _____ take heroin occasionally
 - 65. _____ take heroin regularly
 - 66. _____ take barbiturates occasionally (downers, goofballs, reds, yellows, etc.)
 - 67. _____ take barbiturates regularly (downers, goofballs, reds, yellows, etc.)
 - 68. _____ take amphetamines occasionally (uppers, pep pills, bennies, speed)
 - 69. _____ take amphetamines regularly (uppers, pep pills, bennies, speed)
 - 70. _____ take cocaine occasionally (crack, coke, ice)
 - 71. _____ take cocaine regularly (crack, coke, ice)
 - 72. _____ drink alcohol occasionally (beer, wine, liquor)
 - 73. _____ drink alcohol regularly (beer, wine, liquor)
 - 74. _____ get drunk occasionally
 - 75. _____ get drunk regularly
 - 76. _____ take non-prescription stimulants occasionally ("look-alikes")
 - 77. _____ take non-prescription stimulants regularly ("look-alikes")
 - 78. _____ take steroids occasionally (other than prescription)
 - 79. _____ take steroids regularly (other than prescription)
-

SECTION SIX

We are interested in how often YOU use the substances listed below. Reminder - this survey is totally anonymous, your answers cannot be associated with you in any way.

Please use the following scale. (For example, if you use the substance daily, mark A on the answer sheet).
(A) = daily, (B) = regularly, (C) = occasionally, (D) = never, (E) = binges/benders (episodes of heavy use-two or more days in a row).

- 80. _____ tobacco (cigarettes)
- 81. _____ snuff/chewing tobacco
- 82. _____ alcohol (beer, wine, liquor, alcohol punches)
- 83. _____ marijuana (grass, pot) or hashish (hash, hashoil)
- 84. _____ cocaine (crack, coke, ice)
- 85. _____ barbiturates, downers, reds (secobarbital), yellows (pentobarbital), blues (amobarbital), rainbows (secobarbital and amobarbital)
- 86. _____ quaaludes (quads, ludes, soapers, methaqualone)
- 87. _____ hallucinogens (LSD or "acid", mescaline, peyote, psilocybin, etc.)
- 88. _____ heroin (smack, horse, skag)
- 89. _____ PCP (angel dust, peace killer, killer weed, super grass)
- 90. _____ amyl or butyl nitrates (poppers, snappers, locker room, vaporole, rush, kick, bullet)
- 91. _____ sniff glue, breathe contents of aerosol spray cans, inhale any other gases to get high
- 92. _____ narcotics other than heroin (codeine, demerol, talwin, methadone, morphine, opium, paregoric or laudanum)
- 93. _____ amphetamines (uppers, speed, bennies, dexies, pep pills, diet pills)
- 94. _____ designer drugs (synthetic substances manufactured in illegal laboratories - M.P.T.P., china white, ecstasy)
- 95. _____ steroids (other than prescription)

Thank you for completing this survey. Our thanks to Dr. Philip Meilman, Counseling Center, Dartmouth College, Hanover, New Hampshire, for allowing NAU to adapt this survey.

Project Daylight, Counseling and Testing Center, Northern Arizona University, P.O. Box 6045, Flagstaff, AZ 86011.

Phone: (602) 523-6306. Cindy Leisse-Project Coordinator; Phil Woodall-Counselor; Carmen Martinjako-Administrative Assistant.

1990 PROJECT DAYLIGHT STUDENT SURVEY NORTHERN ARIZONA UNIVERSITY

Project Daylight is conducting this survey of current alcohol and other drug usage at the University. Project Daylight is housed within the Counseling and Testing Center and offers a comprehensive campus prevention, education, and intervention program.

Instructions: Your answers will be kept strictly confidential. If your answer sheet has a section asking for your name, social security number, etc., do not complete that section. If you have already completed this survey this semester, please do not complete again. However, if you completed this survey in Spring 1988 and/or Spring 1989 and have not completed it again since that time, please complete again.

PLEASE CHOOSE ONLY **ONE** RESPONSE FOR EACH QUESTION

SECTION ONE

1. Did you complete this same survey in English 101/102 during Spring 1988 or Math 110/130/137 in Spring 1989?
(A) ☐ yes (B) ☐ no (C) ☐ both
Have you...
2. Read Project Daylight materials or attended a Project Daylight presentation?
(A) ☐ yes (B) ☐ no
3. Contacted Project Daylight for information?
(A) ☐ yes (B) ☐ no
4. Participated in the Project Daylight 4-hour Alcohol/Drug Education Class?
(A) ☐ yes (B) ☐ no
5. Participated in counseling with Project Daylight?
(A) ☐ yes (B) ☐ no
6. Participated in the High Sobriety Club?
(A) ☐ yes (B) ☐ no
7. Served as a Project Daylight volunteer?
(A) ☐ yes (B) ☐ no
8. Served as a volunteer in high school in an alcohol/drug prevention program?
(A) ☐ yes (B) ☐ no
9. Taken a college class on alcohol/drug abuse?
(A) ☐ yes (B) ☐ no

SECTION TWO

10. What is your sex?
(A) ☐ female
(B) ☐ male
11. What is your age?
(A) ☐ 17-18
(B) ☐ 19-20
(C) ☐ 21-25
(D) ☐ 26-35
(E) ☐ 35 or over
12. What is your current marital status?
(A) ☐ single, never married
(B) ☐ married
(C) ☐ divorced, widowed, or separated
13. What is your predominant ethnic background?
(A) ☐ Asian or South Pacific Islander
(B) ☐ Black
(C) ☐ Native American/Alaskan
(D) ☐ Hispanic
(E) ☐ White or other not listed
14. What is your current living arrangement?
(A) ☐ live on campus in residence hall with roommate(s)
(B) ☐ live on campus in residence hall alone
(C) ☐ live in fraternity/sorority
(D) ☐ live off-campus with roommate(s)
(E) ☐ live off-campus with family (including spouse)
(F) ☐ live off-campus alone
15. What is your current class at NAU?
(A) ☐ Freshman
(B) ☐ Sophomore
(C) ☐ Junior
(D) ☐ Senior
(E) ☐ Unclassified undergraduate
(F) ☐ Graduate student
16. How many hours are you currently enrolled in at NAU (including Yavapai College hours if applicable)?
(A) ☐ 6 or less
(B) ☐ 7 or more
17. Are you a new student at NAU this semester?
(A) ☐ yes
(B) ☐ no
18. What is your current enrollment status at NAU?
(A) ☐ have attended NAU and no other college
(B) ☐ transferred to NAU from 2-year college
(C) ☐ transferred to NAU from 4-year college
(D) ☐ graduate student who attended another college prior to NAU

SECTION THREE

During the last 12 months, have you participated in any of the following activities? (A) = Yes (B) = No

- 19. ____ Student or community clubs, organizations, or student government (including residence hall government)
- 20. ____ Outdoor recreational activities, intramural programs, or a regular fitness program
- 21. ____ Partying (use of alcohol or other drugs as the main focus of a social activity) or patronage of bars or nightclubs
- 22. ____ Religious affiliation or spiritual discipline
- 23. ____ Intercollegiate athletics or performing arts (bands, choral groups, drama, dance, etc.)

Please answer the following questions based on your own judgment or opinion.

- 24. Do you have a parent who drinks too much?
(A) ____ yes
(B) ____ no
- 25. Do you have a parent who uses illicit or illegal drugs?
(A) ____ yes
(B) ____ no
- 26. Do you have a sibling who drinks too much?
(A) ____ yes
(B) ____ no
- 27. Do you have a sibling who uses illicit or illegal drugs?
(A) ____ yes
(B) ____ no
- 28. Do you have a best/close friend who has a drinking/drug problem?
(A) ____ yes
(B) ____ no
- 29. Do you ever drink and drive?
(A) ____ yes
(B) ____ no
- 30. Do you know of someone else who drinks and drives?
(A) ____ yes
(B) ____ no

- 31. Do you ever use other illicit/illegal drugs and drive?
(A) ____ yes
(B) ____ no
- 32. Do you know of someone who uses illegal/illicit drugs and drives?
(A) ____ yes
(B) ____ no
- 33. Prior to coming to the NAU campus, did you drink alcoholic beverages?
(A) ____ yes
(B) ____ no
- 34. Prior to coming to the NAU campus, did you use illicit or illegal drugs?
(A) ____ yes
(B) ____ no
- 35. Have you ever used steroids?
(A) ____ yes
(B) ____ no
- 36. At what age did you first use tobacco (cigarettes, snuff, chewing tobacco)?
(A) ____ never
(B) ____ age 11 and under
(C) ____ age 12-15
(D) ____ age 16-18
(E) ____ age 19-21
(F) ____ over 21
- 37. At what age did you first try an alcoholic beverage (more than a few sips)?
(A) ____ never
(B) ____ age 11 and under
(C) ____ age 12-15
(D) ____ age 16-18
(E) ____ age 19-21
(F) ____ over 21
- 38. At what age did you first use an illicit or illegal drug?
(A) ____ never
(B) ____ age 11 and under
(C) ____ age 12-15
(D) ____ age 16-18
(E) ____ age 19-21
(F) ____ over 21

SECTION FOUR

- 39. In your opinion, what percent of NAU students consume too much alcohol?
(A) ____ 1% - 19%
(B) ____ 20% - 39%
(C) ____ 40% - 59%
(D) ____ 60% - 79%
(E) ____ 80% or more
(F) ____ don't know
- 40. In your opinion, what percent of NAU students use illegal drugs?
(A) ____ 1% - 19%
(B) ____ 20% - 39%
(C) ____ 40% - 59%
(D) ____ 60% - 79%
(E) ____ 80% or more
(F) ____ don't know

41. In your opinion, how does alcohol usage at NAU compare to usage at other college campuses?

- (A) _____ higher
- (B) _____ lower
- (C) _____ the same
- (D) _____ don't know

42. In your opinion, how does other drug usage at NAU compare to usage at other college campuses?

- (A) _____ higher
- (B) _____ lower
- (C) _____ the same
- (D) _____ don't know

43. How often do the majority of your close friends drink too much alcohol?

- (A) _____ never
- (B) _____ rarely
- (C) _____ more than once a month
- (D) _____ once a week
- (E) _____ more than once a week
- (F) _____ daily

44. How often do the majority of your close friends get high on illicit or illegal drugs?

- (A) _____ never
- (B) _____ rarely
- (C) _____ more than once a month
- (D) _____ once a week
- (E) _____ more than once a week
- (F) _____ daily

How easy do you think it would be for you to get each of the following drugs if you wanted some? Use the following scale: (A) = easy, (B) = difficult, (C) = probably impossible, (D) = don't know.

- 45. _____ alcohol
- 46. _____ marijuana (pot, grass)
- 47. _____ psychedelic (LSD, mescaline, peyote, PCP, psilocybin, etc.)
- 48. _____ amphetamines (uppers, pep pills, bennies, speed)
- 49. _____ barbiturates (downers, goofballs, reds, yellows, etc.)
- 50. _____ tranquilizers
- 51. _____ cocaine (crack, coke)
- 52. _____ heroin (smack, horse)
- 53. _____ other narcotics (methadone, opium, codeine, paregoric, etc.)

The following two questions refer to drugs other than alcohol. Please base your answers on your own observations.

54. When do students most commonly use other drugs on campus? (one answer only)

- (A) _____ weekdays
- (B) _____ weekends
- (C) _____ parties and other social events
- (D) _____ during midterms or finals
- (E) _____ don't know

55. Other drug use occurs most often when NAU students are: (one answer only)

- (A) _____ alone
- (B) _____ with another person
- (C) _____ with 2 or more persons
- (D) _____ don't know

SECTION FIVE

The following questions ask your opinion and attitude about risks associated with the use of drugs. Please respond to each question using the following scale: (one answer per question). (A) = great risk, (B) = moderate risk, (C) = slight risk, (D) = no risk, (E) = don't know.

How much do you think people risk harming themselves (physically or in other ways), if they...

- 56. _____ smoke cigarettes occasionally
- 57. _____ smoke cigarettes regularly
- 58. _____ use snuff/chewing tobacco occasionally
- 59. _____ use snuff/chewing tobacco regularly
- 60. _____ smoke marijuana occasionally (pot, grass)
- 61. _____ smoke marijuana regularly (pot, grass)

How much do you think people risk harming themselves (physically or in other ways), if they...
(A) = great risk, (B) = moderate risk, (C) = slight risk, (D) = no risk, (E) = don't know.

- 62. _____ take a psychedelic occasionally (LSD, mescaline, peyote, PCP, psilocybin, etc.)
- 63. _____ take a psychedelic regularly (LSD, mescaline, peyote, PCP, psilocybin, etc.)
- 64. _____ take heroin occasionally
- 65. _____ take heroin regularly
- 66. _____ take barbiturates occasionally (downers, goofballs, reds, yellows, etc.)
- 67. _____ take barbiturates regularly (downers, goofballs, reds, yellows, etc.)
- 68. _____ take amphetamines occasionally (uppers, pep pills, bennies, speed)
- 69. _____ take amphetamines regularly (uppers, pep pills, bennies, speed)
- 70. _____ take cocaine (crack, coke) occasionally
- 71. _____ take cocaine (crack, coke) regularly
- 72. _____ drink alcohol occasionally (beer, wine, liquor)
- 73. _____ drink alcohol regularly (beer, wine, liquor)
- 74. _____ get drunk occasionally
- 75. _____ get drunk regularly
- 76. _____ take non-prescription stimulants ("look-alikes") occasionally
- 77. _____ take non-prescription stimulants ("look-alikes") regularly
- 78. _____ take steroids occasionally
- 79. _____ take steroids regularly

SECTION SIX

We are interested in how often YOU use the substances listed below. Reminder - this survey is totally anonymous, your answers cannot be associated with you in any way.

Please use the following scale. (For example, if you use the substance daily, mark A on the answer sheet). (A) = daily, (B) = regularly, (C) = occasionally, (D) = never, (E) = binges/benders (episodes of heavy use-two or more days in a row).

- 80. _____ tobacco (cigarettes)
- 81. _____ snuff/chewing tobacco
- 82. _____ alcohol (beer, wine, liquor, alcohol punches)
- 83. _____ marijuana (grass, pot) or hashish (hash, hashoil)
- 84. _____ cocaine (sometimes called "coke") or crack
- 85. _____ barbiturates, downers, reds (secobarbital), yellows (pentobarbital), blues (amobarbital), rainbows (secobarbital and amobarbital)
- 86. _____ quaaludes (quads, ludes, soapers, methaqualone)
- 87. _____ psychedelic (LSD or "acid", mescaline, peyote, psilocybin, etc.)
- 88. _____ heroin (smack, horse, skag)
- 89. _____ PCP (angel dust, peace killer, killer weed, super grass)
- 90. _____ amyl or butyl nitrates (poppers, snappers, locker room, vaporole, rush, kick, bullet)
- 91. _____ sniff glue, breathe contents of aerosol spray cans, inhale any other gases to get high
- 92. _____ narcotics other than heroin (codeine, demerol, talwin, methadone, morphine, opium, paregoric or laudanum)
- 93. _____ amphetamines (uppers, speed, bennies, dexies, pep pills, diet pills)
- 94. _____ designer drugs (synthetic substances manufactured in illegal laboratories - M.P.T.P., china white, ecstasy)
- 95. _____ steroids

Thank you for completing this survey. Our thanks to Dr. Philip Meilman, Counseling Center, Dartmouth College, Hanover, New Hampshire, for allowing NAU to adapt this survey.

Project Daylight, Counseling and Testing Center, Northern Arizona University, P.O. Box 6045, Flagstaff, AZ 86011. Phone: (602) 523-6306. Cindy Leisse-Project Coordinator; Jim Rubio-Counselor; Carmen Martinjako-Administrative Assistant.

1989
PROJECT DAYLIGHT
STUDENT SURVEY
NORTHERN ARIZONA UNIVERSITY

Project Daylight is conducting this survey of current alcohol and other drug usage at the University. Project Daylight is a U.S. Department of Education and Northern Arizona University funded project which offers a comprehensive campus prevention, education, and intervention program.

Instructions: Your answers will be kept strictly confidential. If your answer sheet has a section asking for your name, social security number, etc., do not complete that section. If you have already completed this survey this semester, please do not complete again. However, if you completed this survey a year ago and have not completed it again since that time, please complete again.

PLEASE CHOOSE ONLY **ONE** RESPONSE FOR EACH QUESTION

SECTION ONE

1. Did you complete this same survey in English 101 or 102 during Spring Semester 1988 (last year)?
(A) ☐ yes
(B) ☐ no
2. Have you read Project Daylight materials?
(A) ☐ yes
(B) ☐ no
3. Have you attended a Project Daylight presentation?
(A) ☐ yes
(B) ☐ no
4. Have you contacted Project Daylight for information?
(A) ☐ yes
(B) ☐ no
5. Have you participated in the Project Daylight 4-hour Alcohol/Drug Education Class?
(A) ☐ yes
(B) ☐ no
6. Have you participated in counseling with Project Daylight?
(A) ☐ yes
(B) ☐ no
7. Have you served as a Project Daylight volunteer?
(A) ☐ yes
(B) ☐ no

SECTION TWO

8. What is your sex?
(A) ☐ female
(B) ☐ male
9. What is your age?
(A) ☐ 17 - 18
(B) ☐ 19 - 20
(C) ☐ 21 - 25
(D) ☐ 26 - 35
(E) ☐ 35 or over
10. What is your current marital status?
(A) ☐ single, never married

- (B) ☐ married
(C) ☐ divorced, widowed or separated
11. What is your predominant ethnic background?
(A) ☐ Asian or South Pacific Islander
(B) ☐ Black
(C) ☐ Native American/Alaskan
(D) ☐ Hispanic
(E) ☐ White or other not listed
12. What is your current living arrangement?
(A) ☐ live on campus in residence hall with roommate(s)
(B) ☐ live on campus in residence hall alone
(C) ☐ live in fraternity/sorority
(D) ☐ live off-campus with roommate(s)
(E) ☐ live off-campus with family (including spouse)
(F) ☐ live off-campus alone
13. What is your current class at NAU?
(A) ☐ Freshman
(B) ☐ Sophomore
(C) ☐ Junior
(D) ☐ Senior
(E) ☐ Unclassified undergraduate
(F) ☐ Graduate student
14. How many hours are you currently enrolled in at NAU (include Yavapai College hours if applicable)?
(A) ☐ 6 or less
(B) ☐ 7 or more
15. Are you a new student at NAU this semester?
(A) ☐ yes
(B) ☐ no
16. What is your current enrollment status at NAU?
(A) ☐ have attended NAU and no other college
(B) ☐ transferred to NAU from 2-year college
(C) ☐ transferred to NAU from 4-year college
(D) ☐ graduate student who attended another college prior to NAU

SECTION THREE

During the last 12 months, have you participated in any of the following activities? (A) = Yes (B) = No

- 17. ☐ Student or community clubs and organizations
- 18. ☐ Student government (including residence hall government)
- 19. ☐ A regular fitness program
- 20. ☐ Patronage of bars or nightclubs
- 21. ☐ Religious affiliation or spiritual discipline
- 22. ☐ Partying (use of alcohol or other drugs as the main focus of a social activity)
- 23. ☐ Outdoor recreational activities or intramural programs
- 24. ☐ Intercollegiate athletics
- 25. ☐ Performing arts (bands, choral groups, drama, dance, etc.)

Please answer the following questions based on your own judgement or opinion.

- 26. Do you have a parent who drinks too much?
(A) ☐ yes
(B) ☐ no
- 27. Do you have a parent who uses illicit or illegal drugs?
(A) ☐ yes
(B) ☐ no
- 28. Do you have a sibling who drinks too much?
(A) ☐ yes
(B) ☐ no
- 29. Do you have a sibling who uses illicit or illegal drugs?
(A) ☐ yes
(B) ☐ no
- 30. Prior to coming to the NAU campus, did you drink alcoholic beverages?
(A) ☐ yes
(B) ☐ no
- 31. Prior to coming to the NAU campus, did you use illicit or illegal drugs?
(A) ☐ yes
(B) ☐ no
- 32. At what age did you first use tobacco (cigarettes, snuff, chewing tobacco)?
(A) ☐ never
(B) ☐ age 11 and under
(C) ☐ age 12 - 15
(D) ☐ age 16 - 18
(E) ☐ age 19 - 21
(F) ☐ over 21
- 33. At what age did you first try an alcoholic beverage, more than just a few sips?
(A) ☐ never
(B) ☐ age 11 and under
(C) ☐ age 12 - 15
(D) ☐ age 16 - 18
(E) ☐ age 19 - 21
(F) ☐ over 21
- 34. At what age did you first use an illicit or illegal drug?
(A) ☐ never
(B) ☐ age 11 and under
(C) ☐ age 12 - 15
(D) ☐ age 16 - 18
(E) ☐ age 19 - 21
(F) ☐ over 21

SECTION FOUR

35. In your opinion, what percent of NAU students consume too much alcohol?
(A) ☐ 1% - 19%
(B) ☐ 20% - 39%
(C) ☐ 40% - 59%
(D) ☐ 60% - 79%
(E) ☐ 80% or more
(F) ☐ don't know
36. In your opinion, what percent of NAU students use illegal drugs?
(A) ☐ 1% - 19%
(B) ☐ 20% - 39%
(C) ☐ 40% - 59%
(D) ☐ 60% - 79%
(E) ☐ 80% or more
(F) ☐ don't know
37. In your opinion, how does alcohol usage at NAU compare to usage at other college campuses?
(A) ☐ higher
(B) ☐ lower
(C) ☐ the same
(D) ☐ don't know
38. In your opinion, how does drug usage at NAU compare to usage at other college campuses?
(A) ☐ higher
(B) ☐ lower
(C) ☐ the same
(D) ☐ don't know
39. How often do the majority of your close friends drink too much alcohol?
(A) ☐ daily
(B) ☐ more than once a week
(C) ☐ once a week
(D) ☐ more than once a month
(E) ☐ rarely
(F) ☐ never
40. How often do the majority of your close friends get high on illicit or illegal drugs?
(A) ☐ daily
(B) ☐ more than once a week
(C) ☐ once a week
(D) ☐ more than once a month
(E) ☐ rarely
(F) ☐ never

How easy do you think it would be for you to get each of the following drugs if you wanted some?

Use the following scale: (A) = easy (B) = difficult

(C) = probably impossible (D) = don't know

41. ☐ alcohol
42. ☐ marijuana (pot, grass)
43. ☐ psychedelic (LSD, mescaline, peyote, PCP, psilocybin, etc.)
44. ☐ amphetamines (uppers, pep pills, bennies, speed)
45. ☐ barbiturates (downers, goofballs, reds, yellows, etc.)
46. ☐ tranquilizers
47. ☐ cocaine (crack, coke)
48. ☐ heroin (smack, horse)
49. ☐ other narcotics (methadone, opium, codeine, paregoric, etc.)

The following two questions refer to drugs other than alcohol. Please base your answers on your own observations.

50. When do students most commonly use drugs on campus? (One answer only)

(A) ☐ weekdays
(B) ☐ weekends
(C) ☐ parties and other social events
(D) ☐ during midterms or finals
(E) ☐ don't know

51. Drug use occurs most often when NAU students are: (One answer only)

(A) ☐ alone
(B) ☐ with another person
(C) ☐ with 2 or more persons
(D) ☐ don't know

SECTION FIVE

The following questions ask your opinion and attitude about risks associated with the use of drugs. Please respond to each question using the following scale: (one answer per question).

(A) = great risk (B) = moderate (C) = slight risk (D) = no risk (E) = don't know

How much do you think people risk harming themselves (physically or in other ways), if they...

- 52. ☐ smoke cigarettes occasionally
- 53. ☐ smoke cigarettes regularly
- 54. ☐ use snuff/chewing tobacco occasionally
- 55. ☐ use snuff/chewing tobacco regularly
- 56. ☐ smoke marijuana occasionally (pot, grass)
- 57. ☐ smoke marijuana regularly (pot, grass)
- 58. ☐ take a psychedelic occasionally (LSD, mescaline, peyote, PCP, psilocybin, etc.)
- 59. ☐ take a psychedelic regularly (LSD, mescaline, peyote, PCP, psilocybin, etc.)
- 60. ☐ take heroin occasionally
- 61. ☐ take heroin regularly
- 62. ☐ take barbiturates occasionally (downers, goofballs, reds, yellows, etc.)
- 63. ☐ take barbiturates regularly (downers, goofballs, reds, yellows, etc.)
- 64. ☐ take amphetamines occasionally (uppers, pep pills, bennies, speed)
- 65. ☐ take amphetamines regularly (uppers, pep pills, bennies, speed)
- 66. ☐ take cocaine (crack, coke) occasionally
- 67. ☐ take cocaine (crack, coke) regularly
- 68. ☐ drink alcohol occasionally (beer, wine, liquor)
- 69. ☐ drink alcohol regularly (beer, wine, liquor)
- 70. ☐ get drunk occasionally
- 71. ☐ get drunk regularly
- 72. ☐ take non-prescription stimulants ("look-alikes") occasionally
- 73. ☐ take non-prescription stimulants ("look-alikes") regularly

SECTION SIX

We are interested in how often YOU use the substances listed below. Reminder — this survey is totally anonymous, your answers cannot be associated with you in any way.

Please use the following scale. (For example, if you use the substance daily, mark the A on the answer sheet).

(A) = daily (B) = regularly (C) = occasionally (D) = never

(E) = binges/benders (episodic heavy use — two or more days in a row)

- 74. ☐ tobacco (cigarettes)
- 75. ☐ snuff/chewing tobacco
- 76. ☐ alcohol (beer, wine, liquor, alcohol punches)
- 77. ☐ marijuana (grass, pot) or hashish (hash, hashoil)
- 78. ☐ cocaine (sometimes called "coke") or crack
- 79. ☐ barbiturates; downers, reds (secobarbital), yellows (pentobarbital); blues (amobarbital), rainbows (secobarbital and amobarbital)
- 80. ☐ quaaludes (quads, ludes, soapers, mathaqualone)
- 81. ☐ psychedelic (LSD, or "acid", mescaline, peyote, psilocybin, etc.)
- 82. ☐ heroin (smack, horse, skag)
- 83. ☐ PCP (angel dust, peace killer, killer weed, super grass)
- 84. ☐ amyl or butyl nitrites (poppers, snappers, locker room, vaporole, rush kick, bullet)
- 85. ☐ sniff glue, breathe contents of aerosol spray cans, inhale any other gases or get high
- 86. ☐ narcotics other than heroin (codeine, demerol, talwin, methadone, morphine, opium, paregoric or laudanum)
- 87. ☐ amphetamines (uppers, speed, bennies, dexies, pep pills, diet pills)
- 88. ☐ designer drugs (synthetic substances manufactured in illegal laboratories — M.P.T.P., china white, ecstasy)

Thank you for completing this survey.

Our thanks to Dr. Philip Meilman, Counseling Center, Dartmouth College, Hanover, New Hampshire for allowing NAU to adapt his survey.

Project Daylight, Counseling and Testing Center, Northern Arizona University, P.O. Box 6045, Flagstaff, AZ 86011. Phone: (602) 523-6306. Cindy Leisse — Counselor/Trainer; Jim Rubio — Counselor; and Dianne Duncan — Administrative Assistant.

DR. EILEEN COUGHLIN, PROJECT DIRECTOR, PROJECT DAYLIGHT

50 WAYS TO SAY "NO"

1. I'd rather OD on pizza.
2. I become so witty no one can stand me.
3. I don't need to loosen up – I just got it together.
4. I don't need any more hair on my chest.
5. I drink no wine before its time.
6. My weekends are made for something else.
7. For all I do – I don't need a brew.
8. I don't care if it is from the land of sky-blue waters.
9. It doesn't bring out my best.
10. I already have a stiff belt.
11. I've got the time – you can keep the beer.
12. Chocolate and alcohol don't mix.
13. I might forget where I parked the car.
14. Last time I had a drink I wanted to attack a chicken.
15. It makes me look more stupid.
16. Liquor is quicker, but I'm in no hurry.
17. I don't look good in a lampshade.
18. If I want the high life, I'd rather go sky-diving.
19. I'd rather hang loose than hangover.
20. If I'm ever bitten by a snake, I'll let you know.
21. It's never as much fun as it looks in the commercials.
22. I've got all the gusto I can handle.
23. Life is a puzzle with the guzzle.
24. I'm performing neurosurgery in the morning.
25. I like my happy hours to happen on their own.
26. No booze is good booze.
27. It sloshes too much when I jog.
28. I'd rather dance.
29. If I were any more mellow, I'd melt.
30. I'd just fall down.
31. I'd just fall asleep.
32. Things are polluted enough as they are.
33. I'm not old enough.
34. I like me just the way I am.
35. I'm saving my brain cells for science.
36. My liver and I have an understanding.
37. I can't drive with mud in my eye.
38. If I'm going to blow my diet, I'd rather do it with junk food.
39. It's too filling – it doesn't taste so great.
40. Candy is dandy enough for me.
41. I sing off key as it is.
42. It detracts from my charisma.
43. I might forget all the witty things you're going to say tonight.
44. My life is weird enough as it is.
45. I'm high on life.
46. I use my money for better things.
47. My wits are dull enough as it is.
48. I have enough problems without creating more.
49. I'm driving.
50. I think, therefore I am not going to drink.

*Taken from a series of posters created by the
Office of Highway Safety, State of Delaware*

ARE YOU BEING COMPLETELY HONEST WITH YOURSELF?

It's easy to ignore the symptoms of alcoholism. It's harder to do something about it. Spend a few minutes to take this quick quiz. Answer honestly. The truth often hurts.

Yes No

- | | |
|--|--|
| ☐ ☐ 1. Do you sometimes drink excessively when you are disappointed, argued with, or aggravated by someone? | ☐ ☐ 14. Have you switched drinks or changed your patterns to control your drinking? |
| ☐ ☐ 2. Do you drink more than usual when you are troubled or under pressure? | ☐ ☐ 15. Do you promise yourself to control your drinking and then break the promise? |
| ☐ ☐ 3. Are you able to drink more now without feeling it than when you first started to drink? | ☐ ☐ 16. Have you made changes or moved to a new place to control your drinking? |
| ☐ ☐ 4. Do you suffer memory losses of events during the evening, and yet not pass out? | ☐ ☐ 17. Do you avoid friends and family when drinking? |
| ☐ ☐ 5. Do you try to squeeze in a couple of extra drinks during the evening without other people knowing it? | ☐ ☐ 18. Are financial, work, or school problems increasing? |
| ☐ ☐ 6. On some occasions do you feel ill at ease if alcohol is not available? | ☐ ☐ 19. Do you feel people are treating you unfairly? |
| ☐ ☐ 7. Are you rushing more to get that first drink than you did say, last month? | ☐ ☐ 20. When drinking, do you eat irregularly and very little? |
| ☐ ☐ 8. Do you occasionally have feelings of guilt about your drinking? | ☐ ☐ 21. Do you take another drink in the morning to quiet your "shakes?" |
| ☐ ☐ 9. When your friends and family discuss your drinking, do you quietly resent it? | ☐ ☐ 22. Has your drinking capacity decreased lately? |
| ☐ ☐ 10. Are your "blackouts" more frequent recently? | ☐ ☐ 23. Do you occasionally stay drunk for several days? |
| ☐ ☐ 11. Do you want to continue drinking when your friends say "enough"? | ☐ ☐ 24. Are you sometimes depressed and feel that life isn't worth living? |
| ☐ ☐ 12. Do you have a reason when you get drunk? | ☐ ☐ 25. Do you occasionally have hallucinations after a period of drinking? |
| ☐ ☐ 13. Are you embarrassed by the things you say and do when drunk? | ☐ ☐ 26. Do you have vague fears after drinking heavily? |

If you've answered "yes" more than once, it's time to take action. There is something you can do about it. Call Project Daylight, NAU Counseling and Testing Center, 523-6306, for more information.

Adapted from: NCA Questionnaire - National Council on Alcoholism, Greater Phoenix Area, 1515 East Osborn Road, Phoenix, AZ 85014.

☐ ☐ 12. Do you sometimes doubt your own sanity? Are your moods fluctuating wildly? Do you need something to "calm your nerves"?

☐ ☐ 13. Are others in the house showing signs of emotional disturbances? Are you or your siblings having trouble in school, or with authorities? Are you or your siblings experimenting with alcohol, drugs, sex? Are you or your siblings avoiding being around the home?

☐ ☐ 14. Do you feel utterly defeated, or guilty? Do you believe that nothing you can say or do will improve the situation?

If you've answered "yes" to any three questions, chances are you're being slowly devastated by a chemically dependent person. There is hope. You can feel better. Call Project Daylight, 523-6306, today.

Adapted from: NCA Questionnaire - National Council on Alcoholism, Greater Phoenix Area, 1515 East Osborn Road, Phoenix, AZ 85914.

Project Daylight
Counseling and Testing Center
Northern Arizona University
PO Box 6045
Flagstaff, AZ 86011-6045
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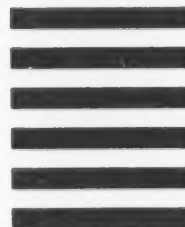
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IS THE BOTTLE MORE IMPORTANT THAN YOU ARE?

Friends or family members who abuse alcohol or other drugs can make you feel like you're to blame. The first step is to acknowledge that a problem exists. Ask each member of your family to answer the following questions. Remember to be honest with yourself. It's the first step toward everyone's recovery.

Yes No

- | | |
|--|--|
| <p>☐ ☐ 1. Are you worried about how much, or how often, he or she drinks?</p> <p>☐ ☐ 2. Are you apprehensive about personality changes in the drinker, when drinking starts?</p> <p>☐ ☐ 3. Are weekends or holidays in your home unpleasant because of the drinking?</p> <p>☐ ☐ 4. Are you anxious about family finances? Is money being spent for drinking even though bills aren't paid? Are you concerned about the drinker's job?</p> <p>☐ ☐ 5. Has the drinker made promises about drinking which are not kept, or has he/she "gone on the wagon" for a period of time, and then started again?</p> | <p>☐ ☐ 6. Have you even threatened to leave, because of the drinking?</p> <p>☐ ☐ 7. Are you letting the drinker blame you, others, the job, money problems, or the state of the world, etc., for the drinking?</p> <p>☐ ☐ 8. Have you tried to hide, or cover up the drinking problem in your family? Have you withdrawn from outside activities and friends because of possible shame or embarrassment about the drinker's behavior?</p> <p>☐ ☐ 9. Have you had to take over responsibilities or make major decisions which the drinker should normally do?</p> <p>☐ ☐ 10. Do you feel alone – bewildered – angry – frustrated? Does almost anything you say or do make the situation worse?</p> <p>☐ ☐ 11. Have you noticed physical symptoms in yourself, such as a "knot" in your stomach, shakiness, unexpected tears, extra smoking, loss of sleep, tiredness and loss of sexual interest?</p> |
|--|--|

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Cut & Mail

INFORMATION REQUEST

_____ I am interested in receiving further information regarding Project Daylight.

_____ I am interested in getting involved in the High Sobriety Club on campus.

_____ I am interested in being involved in the Peer Support Volunteer Outreach Program for children of alcohol and other drug abusers.

Name: _____

NAU/Local Address: _____

NAU/Local Telephone: _____

Your comments and suggestions regarding this brochure, High Sobriety, or Project Daylight are most welcome.

Send to:
Project Daylight
Counseling and Testing Center
Northern Arizona University
PO Box 6045
Flagstaff, AZ 86011-6045
(602) 523-6306